

COWBOY UP

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Availability mp3 from Amazon Joni Harms , Cowboy Up ,Album Let's Put The Country Back In Westerns
Rhythm Two Step RAL phase I I +1 fishtail Easy played at recorded speed . 2.53
Sequence Intro a b a b c a ending Footwork opposite except where noted Release date 8/1/2014

Intro

- 1—4 OP FCG WAIT ; ; APT PT ; TOG TCH CP WALL ;
Open facing wall ,Wait ; ; Apart L,—, Point R,— ; Tog R,—, tch L to CP wall, —;

A

- 1—4 BX ; ; BK HTCH ; SCIS THRU TO OP ;
Sd L, cl R, fwd L, —; Sd R, cl L, bk R,—; Bk L, cl R, fwd L, —; Sd R, cl L, x R in front to OP lod, —;
5—8 FWD LK FWD 2X ; ; VIN APT & TOG ; ;
Fwd L, lock R bk of L,fwd L,—; Fwd R, lock L bk of R, fwd R,—; Sd L, x R bk of L, sd L, tch R ;
Sd R, x L bk of R, sd R,—;
9—12 LC ACRS ; FWD TS ; LC BK ; FWD TS ;
Passing behind woman lead hnds joined L, R, L,—; LO LOD fwd R, L, R,—;
Passing behind woman trailing hnds joined L, R, L,—; LOD fwd R, L, R,—;
13—17 CIR AWY 2 TS ; ; STRUT TOG 4 (BFLY) ; ; SD DRAW CL ;
Toward COH fwd L, cl R, fwd L,—; R, cl L, R,—; Bk to partner L,—,R,—; L,—,R,—; (bfly) sd L,—,—,cl R,

B

- 1—4 FC TO FC ; BK TO BK ; BBALL TRN (OP) ; ;
Sd L, cl R, sd L trng 1/2 lf,—; Sd R, cl L, sd R frng 1/4 rf op lod,—; Sd L lod,—,rec R fc rlod,—;
Sd L rlod,—, rec R to op lod,—;
5—8 SLIDE DR OVER & BK ; ; ;
Sd L,—, rec R,—; x L in front, sd R, x L in front,—; Sd R,—, rec L,—, x R in front, sd L, xR in front,—;
9—12 FWD HTCH 3 ; WK BK 2 ; BK HTCH 3 ; WK PU ;
Fwd L,cl R, bkL,—; Bk R,—,bk L,—; Bk R, cl L, fwd R,—; Fwd L,—, fwd R pkg woman up,—;
13—18 2 PROG SCIS ; ; FISHTAIL ; WK FC ; 2 SDCL ; SD DRAW CL ;
Progressing LOD Sd L, cl R, x L in front,—; Sd R, cl L,x R in front bjo diag L&COH,—;
X L behind R, small sd R trng RF 1/4 , with L shoulder lead fwd L, lk R behind L ;
Fwd L, —, fwd R to bfly wall,—; Sd L, cl R, sd L, cl R; sd L,—,—, cl R;

INTERLUDE

- 1—4 TRAV DR 2X ; ; ;
Rk sd L,—, rec R,—; x L in front , sd R, x L in front,—; Rk sd R,—, rec L,—; x R in front, sd L, x R in front,—;
1—17 REPEAT A
1—18 REPEAT B

C

- 1—9 VIN 3 TCH ; WRAP ; UNWRAP ; CHG SDS BFLY ; VIN 3 TCH ; WRAP ; UNWRAP ;
CHG SDS CL & WALL ; SD DRAW CL,
Sd L, XRIB, sd L,tch R; in place R, L, R,—;(woman wraps lf) In place L, R, L,—; (woman unwraps rf)
Passing r shoulders chge sds to bfly coh R, L, R, tch ;repeat measures 80,81, 82 83 to CPW ; ; ;
Sd L,—,—, cl R;
1—17 REPEAT A

ENDING

- 1—7 REPEAT 1ST 7 MEASHRES OF C