

COWBOY UP

Choreographer: Jim & Vonnie Spence 227 L St SW, Quincy, WA 98848

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Music: Chris LeDoux CD: "After The Storm" Track #7 or Download

Download length 3:00 Tempo at CD speed or for comfort

Footwork: Opposite unless noted

Rhythm: Two Step Phase: Phase II + 2 (Strolling Vine, Fishtail) Difficulty: Average

Sequence: Intro, A, B, Int, A, B, C, B, Ending Release 9/2013

INTRODUCTION

1 – 4 WAIT 2 MEASURES ; ; APART POINT ; TOGETHER TO BFLY WALL ;

1-4 OP-FCG wt;; Apt L -, pt R twd ptr, -; Fwd R,-, tch L BFLY WALL, - ;

PART A

1 – 4 FACE TO FACE ; BACK TO BACK ; SLOW TWIST VINE 4 ; ;

1-2 BFLY WALL Sd L, cl R, sd L trng LF (W trn RF) to BK-BK pos, - ; Sd R, cl L, sd R trng RF (W trn LF), - ;

3-4 Sd bk L (W sd fwd R), - , XRib (W XLif), - ; Sd fwd L (W sd bk R), - , XRif (W XLib) BJO DLC, - ;

5 – 8 FISHTAIL ; WALK 2 ; HITCH FWD 3 ; HITCH/SCISSORS SCP ;

5-6 BJO DLC XLib, sd R, fwd L, lk Rib (W XRif, sd L, bk R, lk Lif); Fwd L, -, fwd R, - ;

7-8 Fwd L, cl R, bk L, - ; Bk R, cl L, fwd R (Fwd trn, cl, XIF), - ;

9 – 12 LACE ACROSS ; FWD TWO STEP ; HITCH FWD 3 ; BACK SIDE THROUGH ;

9 From SCP LOD passing bhd W w/lid hnds jnd moving diagonally acrss LOD fwd L, cl R, fwd L to LOP LOD, - ;

10 - 11 Fwd R, cl L, fwd R, - ; Rpt meas 7 prt A, - ;

12 From LOP LOD bk trn, sd trn, XIF OP RLOD, - ;

13 – 16 LACE ACROSS ; TWO STEP TO CP ; BOX ; ;

13 From OP RLOD passing bhd W w/lid hnds jnd moving diagonally acrss LOD fwd L, cl R, fwd L to LOP RLOD, - ;

14 Fwd R, cl L, fwd R trn lf ¼ (W trn rf) CP WALL, - ;

15-16 SD L, cl R, fwd L, - ; sd R, cl L, bk R, - ;

17 SIDE DRAW CLOSE ;

17 Sd L, move R to L & cl R, , - ;

PART B

1 – 4 LEFT TURNING BOX ; ; ; ;

1-2 Sd L, cl R, fwd L trng LF 1/4, - ; Sd R, cl L, bk R trng LF 1/4, - ;

3-4 Sd L, cl R, fwd L trng LF 1/4, - ; Sd R, cl L, bk R trng LF 1/4, - ;

5 – 8 2 FWD 2 STEPS ; ; 2 TURNING 2 STEPS ; ;

5-6 In SCP LOD fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;

7-8 Sd L, cl R, sd & bk L trn ½ rf, - ; Sd R, cl L sd & fwd R trn ½ rf CP WALL, - ;

9 – 12 STROLLING VINE ; ; ; ;

9-10 Sd L, - , XRib (W XLif), - ; sd L, cl R, fwd L trng 1/2 LF CP COH, - ;

11-12 Sd R, - , XLib (W XRif), - ; sd R, cl L, fwd R trng 1/2 CP WALL, - ;

13 – 16 CIRCLE AWAY 2 TWO STEPS ; ; STRUT TOGETHER 4 ; ;

13-14 Circ away from ptr M LF to COH (W RF to WALL) fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;

15-16 Tog twd ptr fwd L, - , fwd R, - ; fwd L, - , fwd R CP WALL, - ;

17 - 18 1/2 BOX ; SCISSORS THROUGH ;

17 Sd L, cl R, fwd L, - ; Sd R, cl L, thru R, - ;

COWBOY UP (SPENCE) PAGE 2 OF 2

INTERLUDE

1-4 TRAVELING DOOR 2X ; ; ; ;

1-4 Rk sd L,-, rec R, - ; XLIF, sd R, XLIF(W XRIF , sd L , XRIF), - ; Rk sd R,-, rec L, - ; XRIF, sd L, XRIF CP WALL, - ;

REPEAT PART A (1 – 17)

REPEAT PART B (1 – 18)

PART C

1 – 4 VINE 3 & TOUCH ; WRAP ; UNWRAP ; CHANGE SIDES ;

1-2 Sd L, xrib, sd L, - ; Lowering trailing hnds sd R, small sd L, small sd R (W trn LF under joined ld hnds L, R, L,tch R) to wrap pos LOD, - ;

3-4 Release ld hnds sip L, R, L, (W trn RF R, L, R, tch L) to OP LOD, -; With trail hnds joined trn RF (W LF) arnd W fwd R, fwd L, fwd R to BFLY COH, - ;

5 – 8 VINE 3 & TOUCH ; WRAP ; UNWRAP ; CHANGE SIDES ;

5-8: Repeat Meas 1-4 Part C to CP WALL ; ; ; ;

9 SIDE DRAW CLOSE ;

9 Sd L, move R to L & cl R , , -;

REPEAT PART B (1 – 18)

ENDING

1 – 4 TRAVELING BOX ; ; ; SCP ;

1-2 Sd L, cl R, fwd L blending RSCP/RL0D, -; fwd R,-, fwd L, - ;

3-4 Sd R, cl L, bk R blending SCP/LOD, -; Fwd L,-, fwd R, - ;

5 – 8 HITCH 6 ; ; TWIRL VINE 2 ; APART & POINT

1-2 Fwd L, cl R, bk L, -; bk R, cl L, fwd R, -;

3 Sd L,-, XRIB (sd & fwd LOD R trng RF under ld hnds trn ½ ,-, sd & bk LOD L continuing RF trn ½) SCP, - ;

4 Apt L, -, pt R twd ptr, - ;