



# Big D Dance Company

James O. Kellerman  
7834 W. Belmont Ave.  
Chicago, IL 60634  
(773) 460-2400  
BigDDancer@aol.com

## COWBOY UP! (AKA : KMA) (3/99)

Four-wall Line Dance

Choreographed by: Shannon Finnegan

Shan02@aol.com (773) 625-2268

BPM: 120-145

Recommended Music:

*Bury The Shovel*, Clay Walker

*You Got The Power*, War (KMA Fast!)

*The Cowboy Way*, Travis Tritt

BEATS	COUNTS	STEP DESCRIPTION
1-8		<b><u>RIGHT KICK, STEP BACK, TWIST &amp; TURN ½ RIGHT, CROSS-BACK- RIGHT, CROSS-BACK-LEFT</u></b>
	1-2	Kick the right foot forward. Step back on the right foot into 5 <sup>th</sup> dance position.
	3&	With weight on the balls of both foot, swivel heels to the left. Swivel heels to the right.
	4	Swivel heels to the left turning ½ turn right (facing 6:00). (keep weight on the left)
	5&6	Cross the right foot over the left. Step back on the left foot. Step right with the right foot.
	7&8	Cross the left foot over the right. Step back on the right foot. Step left with the left foot.
9-16		<b><u>RIGHT (KICK-CROSS-TOUCH), LEFT (KICK-CROSS-TOUCH), RIGHT (KICK-CROSS-TOUCH), TWIST &amp; TURN ¼ LEFT</u></b>
	1&2	Kick right foot forward, cross right foot over left and touch the left toe out to the left.
	3&4	Kick left foot forward, cross left foot over right and touch the right toe out to the right.
	5&6	Kick right foot forward, cross right foot over left and touch the left toe out to the left.
	7&	On the balls of both feet, swivel heels to the right. Swivel heels to the left.
	8	Swivel heels to the right turning ¼ turn left. (facing 3:00)
17-24		<b><u>SHUFFLE (LRL), STEP FORWARD RIGHT, TURN ¼ LEFT(Spiral), ROCK LEFT, VINE RIGHT (Cross-Step-Cross)</u></b>
	1&2	Shuffle forward left-right-left.
	3	Step forward on the right foot.
	4	Pivot ¼ turn left on the ball of the right foot, bring the left foot together so that the left foot is over the right with the ankles together. (facing 6:00).
	5-6	Rock out to the left on the left foot. Shift weight over to the right foot.
	7&8	Cross left foot over the right, step right with right foot, cross left foot behind the right.
25-32		<b><u>JUMPING JACKS TRAVELING RIGHT (Out-in-kick-cross-out-in-kick-cross), JUMP (Out-in-out-turn ¼ right-back &amp; stomp)</u></b>
	1&	Jump out, feet shoulder width apart. Jump in (weight on the right foot).
	2&	Kick the left foot forward. Cross the left foot over the right.
	3&	Jump out, feet shoulder width apart. Jump in (weight on the right foot).
	4&	Kick the left foot forward. Cross the left foot over the right.
	5&	Jump out, feet shoulder width apart. Jump in feet together.
	6&	Jump out, feet shoulder width apart. Jump in turning ¼ turn right (lift right knee).
	7&	Jump back on the right foot. Jump forward on the left foot.
	8	Stomp the right foot next to the left. (Don't take weight)
Or		Begin again...
25-32		<b><u>Easy Variation for the last 8 Counts</u></b>
	1-2&	Step right on the right foot. Kick the left foot forward. Cross the left foot over the right.
	3-4&	Step right on the right foot. Kick the left foot forward. Cross the left foot over the right.
	5&6	Touch the right toe right, touch right together, touch the right toe right.
	&	Turn ¼ turn right (lift right knee).
	7&	Step back on the right foot. Step forward on the left foot.
	8	Stomp the right foot next to the left. (Don't take weight)