

Cowboy Up!

Line Dance

“Bury the Shovel” by Clay Walker; “Life In The Fast Lane” by The Eagles or “The Cowboy Way”

Choreographed by Shannon Finnegan

RIGHT SCUFF, STEP BACK, TWIST & TURN ½ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT

1-2 Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position

3& With weight on the balls of both foot swivel heels ¼ to the left, then return heels to center

4 Swivel heels left turning ½ turn right (facing 6:00) (Keep weight on the left.)

5&6 Cross the right foot over the left, step left back, 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

THREE KICK-CROSS-TOUCHES, TWIST & TURN ¼ LEFT

1 Kick right forward

&2 Cross the right foot over the left, touch the left toe out to the left

3 Kick left forward

&4 Cross the left foot over the right, touch the right toe out to the right

5 Kick right forward

&6 Cross the right foot over the left, touch the left toe out to the left

7& On the balls of both feet swivel heels to the right, return heels to center

8 Swivel heels turn to the right turning ¼ turn left (facing original 3:00)

SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL ¾, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)

1&2 Chassé forward left, right, left

3 Step right forward

4 Pivot ¾ turn left on the ball of the right foot (facing 6:00)

During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed

5-6 Rock to the left on the left foot, recover weight onto the right foot

7 Cross the left foot over the right

& Step right with the right foot

8 Cross the left foot behind the right

JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN ¼ RIGHT-BACK & STOMP)

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 with feet shoulder width apart, jump in with feet together

6& Jump out with feet shoulder width apart, jump in turning $\frac{1}{4}$ turn right (bring feet together).

7& Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot

8 Stomp the right foot next to the left (don't take weight)

REPEAT

