



Approved by:

NEVx

Show Me Wot U Got

4 WALL - 48 COUNTS - INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 5 & 6 & 7 & 8	Mambo Step, Coaster Cross, Rock & Behind & Cross & Heel Rock forward on left. Recover onto right. Step left beside right. Step right back. Step left beside right. Cross step right over left. Rock left to left side. Recover onto right. Cross step left behind right. Step right to right side Cross step left over right. Step right to side. Touch left heel forward diagonally left.	Left Mambo Coaster Cross Rock & Behind & Cross & Heel	On the spot Right
Section 2 & 1 - 2 3 & 4 5 - 6 7 - 8 Restart 2	& Cross, Side, Sailor 1/2 Right, Step 1/2 Pivot, Walk 1/4 Turn Right Step left beside right. Cross step right over left. Step left to left side. Cross right behind left. Turn 1/4 right stepping left beside right. Turn 1/4 right stepping right forward. Step left forward. Pivot 1/2 turn right. Walk forward on left. Turn 1/4 right walking forward on right (with attitude). Wall 7: dance to this point then restart dance from the beginning.	& Cross Side Behind Quarter Quarter Step Pivot Walk Turn	Left Turning right
Section 3 1 & 2 3 - 4 5 - 6 7 & 8	Forward Lock Step, Touch, 1/2 Turn Right, Forward Rock, Coaster Cross Step left forward. Lock right behind left. Step left forward. Touch right toe beside left heel. Make 1/2 turn right stepping right forward. Rock forward on left. Recover onto right. Step left back. Step right beside left. Cross step left over right.	Left Lock Left Touch Turn Left Rock Coaster Cross	Forward Turning right On the spot
Section 4 1 & 2 3 & 4 5 & 6 & 7 & 8	Kick Ball Cross, Toe Taps, Kick, Syncopated Weave Left Kick right forward diagonally right. Step right beside left. Cross left over right. Tap right toe beside left twice. Kick right forward diagonally right. Cross step right behind left. Step left to left side. Cross step right over left. Step left to left side. Cross step right behind left. Step left to left side. Cross step right over left.	Kick Ball Cross Tap Tap Kick Behind Side Cross Side Behind Side Cross	On the spot Left
Section 5 1 - 2 3 & 4 5 - 6 7 - 8 Restart 1	Side Rock, Sailor 1/2 Left, Step, Pivot 1/2 Left, Step, Pivot 1/2 Left Rock left to left side. Recover onto right. Cross step left behind right. Turn 1/4 left stepping right beside left. Turn 1/4 left stepping left forward. Step right forward. Pivot 1/2 turn left. Step right forward. Pivot 1/2 turn left. Wall 5: at this point replace count 8 with Hold, then restart dance from beginning	Left Rock Behind & Turn Step Pivot Step Pivot	On the spot Turning left Turning left
Section 6 1 - 2 3 - 4 5 & 6 & 7 & 8	Walk, Walk, Step, Pivot 1/2 Left, Right Lock Step, Left Lock Step, Step Walk forward on right. Walk forward on left. Step right forward. Pivot 1/2 turn left. Step diagonally forward right. Lock left behind right. Step diagonally forward right. Step left diagonally forward left. Lock right behind left. Step left diagonally forward left. Step right forward.	Right Left Step Pivot Right Lock Step & Lock Step Step	Forward Turning left Forward

Choreographed by: Neville Fitzgerald & Julie Harris (UK) March 2007

Choreographed to: 'Cowboy Up' by Jill Johnson (112 bpm) from CD The Woman I've Become (16 count intro - start on vocals)

Restarts: There are 2 restarts in the dance, one during Wall 5 and one during Wall 7