

WOMAN UP

Description: 48 ct, 4 wall, Intermediate
Choreographed by: Rachael McEnaney-White & Amy Christian (July 2016)
Music: "Woman Up" - Meghan Trainor Approx 105 bpm
Count In: 8 counts from when the beat kicks in, dance begins on vocals.

L CROSS, R SIDE, L HEEL, R CROSS, L SIDE, R HEEL, L CROSS, R SIDE, ¼ TURN L SAILOR.

1&2 Cross L over R (1), step R to r side (&), touch L heel to l diagonal (2) 12.00
&3&4 Step in place with L (&), cross R over L (3), step L to l side (&), touch R heel to r diagonal (4) 12.00
&5-6 Step in place with R (&), cross L over R (5), step R to r side (6) 12.00
7&8 Cross L behind R (7), make ¼ turn l stepping R next to L (&), step fwd L (8) 9.00

WALK R - L, R MAMBO ½ TURN R, ½ TURN R, ¼ TURN R, L CROSSING SHUFFLE

1-2 Step fwd R (1), step fwd L (2)
3&4 Rock fwd R (3), recover weight L (&), make ½ turn r stepping fwd R (4) 3.00
5-6 Make ½ turn r stepping back L (5), make ¼ turn r stepping R to r side (6) 12.00
7&8 Cross L over R (7), step R to r side (&), cross L over R (8) 12.00

R SIDE, L CLOSE, R FWD, L SHUFFLE, R FWD, ½ PIVOT L, R MAMBO FWD

&1-2 Step R to r side (&), step L next to R making 1/8 turn l (1), step fwd R (2) 10.30
3&4 Step fwd L (3), step R next to L (&), step fwd L (4),
5-6 step fwd R (5), pivot ½ turn l (6) styling: roll hips on pivot 4.30
7&8 Rock fwd R (7), recover weight L (&), step slightly back R (8) 4.30

¼ TURN L, POINT R, 1/8 TURN R SWEEPING L, L CROSS, R SIDE, 1/8 TURN L BACK L, R BACK, 1/8 TURN L SIDE L, R FWD, HEEL SWITCH L-R

&1-2 Make ¼ turn l stepping L to l side (&), point R to r side (1), make 1/8 turn r stepping fwd R as you sweep L (2) 3.00
3&4 Cross L over R (3), step R to r side (&), make 1/8 turn l stepping back L (4) 1.30
5&6 Step back R (5), make 1/8 turn l stepping L to l side (&), step fwd R (6) 12.00
7&8 Touch L heel fwd (7), step L next to R (&), touch R heel fwd (8) 12.00

R CLOSE, L CROSS, R POINT, R CROSSING SHUFFLE, L SIDE, R TOUCH, R KICK-BALL-CROSS

&1-2 Step R next to L (&), cross L over R (1), point R to r side (2) 12.00
3&4 Cross R over L (3), step L to l side (&), cross R over L (4) 12.00
5-6 Step L big step to l side (5), touch R next to L (6)
7&8 kick R to r diagonal (7), step ball of R next to L (&), cross L over R (8) 12.00

¼ TURN R SAMBA STEP, L SAMBA STEP, FULL PADDLE TURN TO R

- 1&2 Make ¼ turn r stepping fwd R (1), rock ball of L to l side (&), recover weight R (2) 3.00
3&4 Step fwd L (slightly across R) (3), rock ball of R to r side (&), recover weight L (4) 3.00
5& Make ¼ turn r stepping fwd R (5), make 1/8 turn r stepping L next to R (&), 7.30
6& Make ¼ turn r stepping fwd R (6), make 1/8 turn r stepping L next to R (&) 12.00
7&8 Make ¼ turn r stepping fwd R (7), step ball of L to l side (&), step in place with R (8)
3.00

TAG: The 5th wall begins facing 12.00 and ends facing 3.00.

At the end of the 5th wall repeat the last 16 counts of the dance; Counts 33 - 48 (do not do the & count before count 1).

You will then be facing 6.00 to start the dance again. 6.00

Ending: The 7th wall begins facing 9.00 and this is the last wall. Do the dance up to count 12 (mambo ½ turn), then make ½ turn right stepping back L (5), make ½ turn right stepping fwd R (6), step fwd L (7), step R next to L (&), step fwd L(8), throw arms up in the air (&) 12.00

START AGAIN - HAVE FUN

