

Woman Up - Easy

Count: 48

Wand: 4

Ebene: Beginner

Choreograf/in: Lene Mainz Pedersen (DK) - August 2016

Musik: Woman Up - Meghan Trainor : (Album: Thank You! - iTunes - 3:28)



Count In: 8 counts from when the beat kicks in, dance begins on vocals.

[1 – 8] Skate R & L, Shuffle, Skate L & R, Shuffle

- 1 - 2 Step R fw to R diagonal (1:30), Step L fw to L diagonal (10:30)
- 3 & 4 Step R fw to R diagonal, Step L beside R, Step R fw to R diagonal (1:30)
- 5 - 6 Step L fw to L diagonal (10:30), Step R fw to R diagonal (1:30)
- 7 & 8 Step L fw to L diagonal, Step R beside L, Step L fw to L diagonal (10:30)

[9 – 16] Cross Rock, Chasse R, Cross Rock, Chasse 1/4 L

- 1 - 2 Cross R over L (10:30), recover on L
- 3 & 4 Step R to R side (12:00), Step L beside R, Step R to R side
- 5 - 6 Cross L over R (1:30), recover on R
- 7 & 8 Step L to L side, Step R beside L, Turn 1/4 L step L fw (9:00)

[17 – 24] Step fw, Touch, Kick Ball Step, Step fw, Touch, Kick Ball Step

- 1 - 2 Step R fw, Touch L beside R
- 3 & 4 Kick L fw, Step L beside R, Step R fw
- 5 - 6 Step L fw, Touch R beside L
- 7 & 8 Kick R fw, Step R beside L, Step L fw

[25 – 32] Paddle 1/4 L x 2, Jazz Box

- 1 - 2 Step R fw (9:00), Turn 1/4 L recover on L (6:00)
- 3 - 4 Step R fw, Turn 1/4 L recover on L (3:00)
- 5 - 8 Cross R over L, Step back on L, Step R to R side, Cross L over R ** Restart on 5. Wall

[33 – 40] Side Rock, Behind Side Cross, Side Rock, Behind Side Step fw

- 1 - 2 Rock R to R side, recover on L
- 3 & 4 Cross R behind L, Step L to left side, cross R over L
- 5 - 6 Rock L to L side, recover on R
- 7 & 8 Cross L behind R, Step R to R side, Step L fw

[41 – 48] Rock fw, Coaster, Rock fw, Coaster

- 1 - 2 Rock R fw, recover on L
- 3 & 4 Step back on R, Step L beside R, Step R fw
- 5 - 6 Rock L fw, recover on R
- 7 & 8 Step back on L, Step R beside L, Step L fw

****Restart: On 5. Wall after 32 Counts (3:00)**

Ending: 48 Counts – then turn 1/4 R step R to R side to face 12:00

START AGAIN – HAVE FUN

Contact: lene.m@privat.dk - www.happylinedanceherning.dk

