

# Woman Up

**COPPER** **KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Thomas Malle (AUT) - April 2022

**Music:** Woman Up - Meghan Trainor



**Restart: after Section 2 in Wall 2, 4, 6 and 8**

**Intro: 40 counts**

## **Section 1: Charleston Step, Dorothy Step 2x**

- 1,2 Touch RF forward (Option: Kick RF forward), Step RF back,
- 3,4 Touch LF back, Step LF forward
- 5,6& Step RF to R diagonal, LF lock behind RF, Step RF forward (01:30)
- 7,8& Step LF to L diagonal, RF lock behind LF, Step LF forward (10:30)

## **Section 2: Out, Out, Hip roll with Bounce, Jazz Box Cross**

- 1,2 RF small step to the R and R Hand in front of your Body (1), LF small Step to the L and L Hand in front of your Body (2) (12:00)
- 3&4& Make a Circle with your Hip started on the L side with bounce (ending with weight on left)
- 5,6,7,8 RF cross over LF, LF step back, RF Step to the R side, LF cross over RF

**Restart: Here in wall 2, 4, 6 and 8**

## **Section 3: Hip Bumps 2x, Behind Side Cross, Hip Bumps 2x Behind Side Cross**

- 1,2 Bump right hip twice
- 3&4 RF cross behind LF, LF Step to the L side, RF cross over LF
- 5,6 Bump left hip twice
- 7&8 LF cross behind RF, RF Step to the R side, LF cross over RF

## **Section 4: ¼ Paddle Turn L, ½ Paddle Turn L, Walk, Walk, Shuffle R Forward, Full Turn R**

- 1,2 Touch right toe forward and make a 1/4 turn left (09:00), Touch right toe forward and make a 1/2 turn left (03:00)
- 3,4 RF Step forward, LF Step Forward
- 5&6 RF Step forward, LF next to RF, RF Step forward
- 7,8 LF Step forward, make a full turn R ending with weight on left

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**ENJOY AND HAVE FUN!!!!**