

W-O-M-A-N

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Lauren Nelson (USA) & Daniel Ashcraft (USA) - March 2025

Music: Woman - Emma Forgette



#32 Count Intro

****2 Restarts, 1 Tag, 2 Bridges**

Sequence: 48-48-16Restart-48-48-32Tag+Restart-48-48-Bridge16-Bridge16

Section 1: Step Lock Shuffle Steps R and L

- 1-2 Step right forward, lock left behind right (angle to 1:00)
- 3&4 Shuffle forward right-left-right (angle to 1:00)
- 5-6 Step left forward, lock right behind left (angle to 10:00)
- 7&8 Shuffle forward left-right-left (angle to 10:00)

Section 2: Hitch back steps R and L, Sailor R and L

- 1-2 Bring R knee up, Step back on right foot
- 3-4 Bring L knee up, Step back on left foot
- 5&6 R foot behind left, Left foot to left side, Right foot to right side
- 7&8 L foot behind right, Right foot to right side, Left foot to left side

(each knee lift should be at an angle and not straight in front)

Wall 3 Restart after 16 Counts

Section 3: Sailor Right, Stomp Left Foot Twice, Point Switches R,L,R, Left

- 1&2 R foot behind left, Left foot to left side, Right foot to right side
- 3-4 Stomp Left foot 2 times
- 5&6& Touch right toe to side, step right together, Touch left toe to side, step left together
- 7&8 Touch right toe to side, step right together, Touch left toe to side

Section 4: Left Toe Drag, Double Left Hip Bump, Kick Cross 3/4 unwind pivot

- 1-2 Slowly drag left toe next to right foot
- 3-4 Bump left hip twice keeping weight on right foot
- 5-6 Kick left foot forward, cross left over right foot
- 7-8 Unwind 3/4 pivot over right shoulder (weight on right foot)

Wall 6 After 32 counts add Tag (4 hip bumps RLRL) Restart

Section 5: L Vine Jack Cross, Reverse Rolling Vine

- 1,2 Left foot to left side, right foot cross behind left
- &3&4 Left foot to left side, Right Heel tap, Step right foot, Left foot cross over right
- 5-6 1/4 turn left back on right foot, 1/2 turn step on left foot over left shoulder
- 7-8 1/4 turn left on right foot, step on left foot

Section 6: Hop forward and back clap, Hip sways right and left

- &1-2 Step right and left quickly forward, Clap hands together
- &3-4 Step right and left quickly back, Clap hands together
- 5-6 Sway to the right leading with right hip, repeat to the left
- 7-8 Sway to the right leading with right hip, repeat to the left

Styling Note: Play with/style the hip sways however you want.

Walls 9 and 10 repeat section 5 and 6 twice to end dance

(keep weight on right foot at end of section 6 to vine left in beginning of section 5)

Full list Restarts, Tags and Bridges:

Wall 3 first 16 Counts then Restart Dance

Wall 6 first 32 Counts add tag (4 bumps RLRL) Restart

Walls 9 and 10 Bridge to last 16 repeat twice End of Dance

Thank You!

See Ya On The Dance Floor!
