# Woman Up - Easy

**Compte:** 48 **Mur:** 4 **Niveau:** Beginner
**Chorégraphe:** Lene Mainz Pedersen (DK) - August 2016
**Musique:** 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**

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