

# Woman Up - Ez

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 2      级数: High Beginner  
编舞者: Annemaree Sleeth (AUS) - July 2016  
音乐: Woman Up - Meghan Trainor : (Album: Thankyou - iTunes - 3.28)



Written as a split floor to : "Woman Up" By Rachael McEnaney White & Amy Christians Intermediate

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put" - No Tags No Restarts

**SECTION 1 [1- 8] PRISSY, PRISSY, HIPS BUMPS/ TRIPLES FWD, PRISSY, PRISSY, HIPS BUMPS / TRIPLES FWD**

1 - 2            Cross R Slightly Over L, Cross L Slightly Over R  
3 &4            Step on Ball of R Toe R Bounce R Hip fwd, Back L Hip, Step R Fwd  
5 - 6            Cross L Slightly Over R, Cross R Slightly Over L  
7 &8            Step on Ball of L Toe R Bounce L Hip fwd, Back R Hip, Step L Fwd

**Other Option R Step Lock, R Triple , Step, Lock, Triple**

**For Latin feel Push into the Hips Or Triple use arms for more feel in whole dance**

**SECTION 2 [9 -16] ROCK FWD, RECOVER, ½ TRIPLE R, ¼ TRIPLE R SIDE, BACK, RECOVER, SIDE**

1 - 2            Rock R Fwd, Recover L ,  
3 &4            Turning ½ R Triple/Shuffle , R, L, R (6.00)  
5 &6            Turning ¼ R Side Triple/Shuffle L,R, L (9.00)  
7 &8            Rock R Back, Recover L, Step R Side

**SECTION 3 [17- 24] L CROSS, SIDE, DIAGONAL L COASTER, R CROSS ,SIDE, DIAGONAL R COASTER,**

1 - 2            Cross L Over R, Step R Side  
3 &4            Step L Back, Step R Together, Step L Forward (7.30 wall )  
5 - 6            Cross R Over left , Step L Side  
7 &8            Step R Back, Step L Together, Step R Forward (10.30 wall)

**Option Can substitute Sailors For Coasters**

**SECTION 4 [25 – 32] L CROSS, BACK, BACK , CROSS, BACK, RECOVER, STEP L FWD, HITCH/SWEEP ¼ L**

1 - 2            Cross L Over R, Step R Back  
3 - 4            Step L Back, Cross R Over L(WgtR)  
5 - 6            Step L Back , Recover Fwd R (WgtL)  
7 - 8            Step L Fwd, Pivot on L ¼ L Hitch R Over L ... Ready to Begin Prissys again

**Or Sweep R Around To The Front**

**DANCE FINISHES by Stepping R Over L at the Front**

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(Annemaree Sleeth)