

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)