

Woman Up - Ab

COPPER KNOB
BY STEPHENETS

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



No Tags No Restarts

Written as a split floor to:-

"Woman Up" By Rachael McEnaney White & Amy Christians' Intermediate Dance

Also Woman Up Ez - Improver Level by Annemaree Sleeth

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put"

SECTION 1 [1- 8] DIAG R FWD TOUCH, DIAG L FWD TOUCH, DIAG R FWD, TOG, FWD TOUCH INTO R CORNER (1.30)

1 - 2 Step R Diagonally Forward, Bending Knees on Touch L Together (Travels Forward)
3 - 4 Step L Diagonally Forward, Bending Knees on Touch R Together
5 - 6 Step R Diagonally Forward, Step L Together (Shoop Arm Movements Fwd& Back)
7 - 8 Step R Diagonally Forward, Bending Knees on Touch L Together

SECTION 2 [9 -16] DIAG FWD TOUCH, DIAG FWD TOUCH, SIDE, TOGETHER ¼ L BRUSH

1 - 2 Step L Diagonally Forward, Bending Knees on Touch R Together (Travels Forward)
3 - 4 Step R Diagonally Forward, Bending Knees on Touch L Together
5 - 6 Step L Side, Step R Together Bending Knees (9.00)
7 - 8 Turn ¼ L Step L Forward, Brush R Over L

SECTION 3 [17- 24] CROSS, RECOVER, SIDE TOE STRUTS, CROSS, RECOVER, SIDE TOE STRUTS

1 - 2 Cross R Over L, Recover L
3 - 4 Step R Side, Hold/Toe Struts (Add Shimmies Or Hip Wiggles And Rolling Hands)
5 - 6 Cross L Over R , Recover R
7 - 8 Step L Toe Side, Drop L Heel (Add Shimmies Or Hip Wiggles And Rolling Hands)

Or Counts 3 -4 & 7 -8 Side Holds

SECTION 4 [25-32] FORWARD MAMBO, SWEEP, SAILOR ¼ L, TOUCH,OR TRIPLE ¼ L

1 - 2 Step R Forward , Recover L
3 - 4 Step R Back, Sweep L Around Behind R Turn ¼ L
5 - 6 Step L Behind R, Step R Side ,
7 - 8 Step L Side , Touch R Together (6.00)

Or 5- 8 Turning to left ¼ L R, L Touch R Together Or Hold

DANCE FINISHES by Stepping R Fwd

Contact - Email: inlinedancing@gmail.com

Youtube Site <https://www.youtube.com/user/frederina521> (Annemaree Sleeth)