

Woman Up - Easy

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Lene Mainz Pedersen (DK) - August 2016
音乐: 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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