

# Woman Up

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Liz Gardiner (AUS) - March 2022  
音乐: Woman Up (And Take It Like a Man) - Dolly Parton



**Intro: After 8 counts on vocals. Weight on L.**

**# Tag on wall 5 after 14 counts add –**

1&2                      R Samba  
3 4                      Step L forward, 1/2 R Pivot  
5 6                      Step L forward, 1/2 R Pivot  
7 8                      Step L forward, Touch R beside L restart - 6.00

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**Walk R, Walk L, Shuffle R Forward, Rock L Forward, Recover R, Triple Full Turn over L Stepping LRL**

1 2                      Walk R, Walk L,  
3&4                      Shuffle forward RLR  
5 6                      Rock L forward, Recover R  
7&8                      Triple full turn over L step - LRL

**Rock R Forward, Recover L, 1/2 R Shuffle RLR, L Samba Step, Step R Forward, 1/4 L Pivot**

1 2                      Rock R forward, Recover L  
3&4                      Turn 1/2 R shuffle forward RLR (6.00)  
5&6                      Cross L over R, Step R to R side, Recover L #  
7 8                      Step R forward, 1/4 L pivot (3.00)

**Cross Heel Jack, Together, L Heel, Together, R Heel, Together, Rock L Forward, Recover R, L Back Coaster**

1&2&                      Cross R over L, Step L to L side (slightly back) with R heel on R diagonal, Step R beside L  
3&4&                      Step L heel to L diagonal, Step L beside R, Step R heel to R diagonal, Step R beside L  
5 6                      Rock L forward, Recover R  
7&8                      Step L back, Step R beside L, Step L forward (coaster step)

**Step R Forward, 1/4 L Pivot, Cross Shuffle, Rock L Side, Recover R, 1/2 L Sailor**

1 2                      Step R forward, 1/4 L pivot (12.00)  
3&4                      Step R over L, Step L to L side, Cross R over L (cross shuffle)  
5 6                      Rock L, Recover R  
7&8                      Step L behind R, Turn 1/2 L stepping L to L side, Step R in place (sailor step) (6.00)

**Ending – slow down with the tempo of the dance and at the end of the dance add Step R forward, 1/2 L pivot to 12.00**

Liz Gardiner – Line Dancing with Liz Gardiner – [www.southerncrosslinedance.com](http://www.southerncrosslinedance.com)

YouTube – Southern Cross Linedancers

[the.gardiners@inbox.com](mailto:the.gardiners@inbox.com) M 0435006800