

Woman Up

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Thomas Malle (AUT) - April 2022
音乐: Woman Up - Meghan Trainor



Restart: after Section 2 in Wall 2, 4, 6 and 8

Intro: 40 counts

Section 1: Charleston Step, Dorothy Step 2x

1,2 Touch RF forward (Option: Kick RF forward), Step RF back,
3,4 Touch LF back, Step LF forward
5,6& Step RF to R diagonal, LF lock behind RF, Step RF forward (01:30)
7,8& Step LF to L diagonal, RF lock behind LF, Step LF forward (10:30)

Section 2: Out, Out, Hip roll with Bounce, Jazz Box Cross

1,2 RF small step to the R and R Hand in front of your Body (1), LF small Step to the L and L
 Hand in front of your Body (2) (12:00)
3&4& Make a Circle with your Hip started on the L side with bounce (ending with weight on left)
5,6,7,8 RF cross over LF, LF step back, RF Step to the R side, LF cross over RF

Restart: Here in wall 2, 4, 6 and 8

Section 3: Hip Bumps 2x, Behind Side Cross, Hip Bumps 2x Behind Side Cross

1,2 Bump right hip twice
3&4 RF cross behind LF, LF Step to the L side, RF cross over LF
5,6 Bump left hip twice
7&8 LF cross behind RF, RF Step to the R side, LF cross over RF

Section 4: ¼ Paddle Turn L, ½ Paddle Turn L, Walk, Walk, Shuffle R Forward, Full Turn R

1,2 Touch right toe forward and make a 1/4 turn left (09:00), Touch right toe forward and make a
 1/2 turn left (03:00)
3,4 RF Step forward, LF Step Forward
5&6 RF Step forward, LF next to RF, RF Step forward
7,8 LF Step forward, make a full turn R ending with weight on left

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ENJOY AND HAVE FUN!!!!