

# Clean Up Woman

拍數: 32      牆數: 4      級數: Improver  
編舞者: Linda McCormack (UK) - March 2016  
音樂: Clean Up Woman - Leela James



**[1-8]. R grapevine with a jump (clap hands), L syncopated grapevine touching R toe behind.**

1,2,3,4.      R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);  
5,6&7&8.      L side (5); R behind (6); step L slightly to L side (&); cross R in front of L (7); step L slightly to  
L side (&); touch R toe behind L (8);

**[9-16]. R grapevine with a jump (clap hands), L rolling vine with a ¼ turn L, snatch feet in together, shoot feet out (shoulder width apart)**

1,2,3,4.      R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);  
5,6,7&8.      ¼ turn L stepping forward on LF (9.00 wall) (5); ½ turn L stepping back on RF (3.00 wall) (6);  
½ turn L stepping forward on LF (9.00 wall)(7); snatch both feet together (on balls of feet, feet  
don't leave the floor)(&); shoot both feet out to sides (shoulder width apart, weight even  
across feet)(8);

**[17-24]. Hip bumps (R,L,double R- L,R,double L)**

1,2,3,4.      Hip bump to the R (1); hip bump to the L (2); double hip bump to the R (3,4);  
5,6,7,8.      Hip bump to the L (5); hip bump to the R (6); double hip bump to the L (7,8);

**[25-32]. R rock forward, recover, R side rock, recover, R sailor cross, L rock forward, recover, L side rock, recover, L cross behind, unwind full turn R**

1&2&.      Rock forward R (1); recover weight back onto L (&); rock R to R side (2); recover weight back  
onto L (&);  
3&4.      Cross R behind L (3); step L slightly to L side (&); cross R over L (4);  
1&2&.      Rock forward L (1); recover weight back onto R (&); rock L to L side (2); recover weight back  
onto R (&);  
7,8.      Cross L behind R (7); turning to the R unwind a full turn (back to 9.00 wall, weight ends on  
LF) (8);