

Woman Up

拍數: 32 牆數: 2 級數: Improver
編舞者: Liz Gardiner (AUS) - March 2022
音樂: 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

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

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