

Woman Up!

COPPER KNOB
BY SHEETS

拍數: 16 牆數: 2 級數: Beginner
編舞者: Lynn Funk (USA) - March 2022
音樂: Woman Up (And Take It Like a Man) - Dolly Parton



Dance starts after 8 counts and start of vocals.

Heel & Toe Switches, Rock/Recover, Coaster Step

- 1&2& Touch R Heel Fwd, Step R Foot Back Next to L Foot, Touch L Heel Fwd, Step L Foot Back Next to R Foot
- 3&4& Touch R Toe to Right, Step R Foot Back Next to L Foot, Touch L Toe to Left, Step L Foot Back Next to R Foot
- 5-6 Rock R Foot Fwd, Recover on L Foot
- 7&8 Step Back on R Foot, Step L Foot Next to R Foot, Step R Foot Fwd (Coaster Step)

Walk With Attitude, Pivot 1/2 Left Turn, Left and Right Mambos

- 1-4 Step Fwd on L Foot (with Attitude), Step Fwd on R Foot (with Attitude) and Pivot 1/2 Turn Left (6:00), Step on L Foot, Step on R Foot Next to L Foot
- 5&6& Rock L Foot to Left, Recover on R Foot, Step L Foot Next to R Foot (Left Mambo), Hold
- 7&8& Rock R Foot to Right, Recover on L Foot, Step R Foot Next to L Foot (Right Mambo), Hold

End of Dance.

Tag: There is an easy tag at the End of wall 9 facing 6:00. The tag is repeating the Left and Right Mambos (5-8&) and then restart the dance.

Ending: The song is a short song and it slows down during Wall 12 but continue the dance to the end of Wall 12 and you will be facing 12:00. It is a fun song with a fun end. Create your own fun ending.

I hope you enjoy!

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