

# Woman Up

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Thomas Malle (AUT) - April 2022  
音樂: 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!!!!**