

WOMAN UP

Coreographer: Rachael McEnaney & Amy Christian (July 2016)

Counts: 48 Walls: 4

Music: Woman Up - Meghan Trainor

Level: Intermediate



Count In: 8 counts from when the beat kicks in, dance begins on vocals.

[1-8] L CROSS, R SIDE, L HEEL, R CROSS, L SIDE, R HEEL, L CROSS, R SIDE, ¼ L SAILOR

1&2 Cross L over R, step R to right side, touch L heel to left diagonal 12:00

&3&4 Step in place with L, cross R over L, step L to left side, touch R heel to right diagonal

&5-6 Step in place with R, cross L over R, step R to right side

7&8 Cross L behind R, make ¼ turn left stepping R next to L, step forward L 9:00

[9-16] WALK R-L, R MAMBO ½ TURN R, ½ TURN R, ¼ TURN R, CROSSING SHUFFLE

1-2 Step forward R, step forward L

3&4 Rock forward R, recover weight L, make ½ turn right stepping forward R 3:00

5-6 Make ½ turn right stepping back L, make ¼ turn right stepping R to right side 12:00

7&8 Cross L over R, step R to right side, cross L over R

[17-24] R SIDE, L CLOSE, R FWD, L SHUFFLE, R FWD, ½ PIVOT L, R MAMBO FWD

&1-2 Step R to right side, step L next to R making 1/8 turn L, step forward R 10:30

3&4 Step forward L, step R next to L, step forward L

5-6 Step forward R, pivot ½ turn L (styling: roll hips on pivot) 4:30

7&8 Rock forward R, recover weight L, step slightly back R 4:30

[25-32] ¼ TURN L, POINT R, 1/8 TURN RIGHT SWEEPING L, L CROSS, R SIDE, 1/8 TURN L BACK L, R BACK, 1/8 TURN L SIDE L, R FWD, HEEL SWITCH L-R

&1-2 Make ¼ turn L stepping L to L side, point R to R side, make 1/8 turn R stepping forward R as you sweep L 3:00

3&4 Cross L over R, step R to R side, make 1/8 turn L stepping back L 1:30

5&6 Step back R, make 1/8 turn L stepping L to L side, step forward R 12:00

7&8 Touch L heel forward, step L next to R, touch R heel forward 12:00

**[33-40] R CLOSE, L CROSS, R POINT, R CROSSING SHUFFLE, L SIDE, R TOUCH, R KICK
BALL CROSS**

&1-2 Step R next to L, cross L over R, point R to right side

3&4 Cross R over L, step L to left side, cross R over L

5-6 Step L big step to left side, touch R next to L

7&8 Kick R to right diagonal, step ball of R next to L, cross L over R 12:00

[41-48] ¼ TURN R SAMBA STEP, L SAMBA STEP, FULL PADDLE TURN TO R

1&2 Make ¼ turn R stepping forward R, rock ball of L to left side, recover weight R 3:00

3&4 Step forward L (slightly across R), rock ball of R to right side, recover weight L 3:00

5& Make ¼ turn right stepping forward R, make 1/8 turn right stepping L next to R 7:30

6& Make ¼ turn right stepping forward R, make 1/8 turn right stepping L next to R 12:00

7&8 Make ¼ turn right stepping forward R, step ball of L to left side, step in place with R
3:00

TAG: The 5th wall begins facing 12:00 and ends facing 3:00. At the end of the 5th wall repeat the last 16 counts of the dance: Counts 33-48 (do not do the & count before count 1). You will then be facing 6:00 to start the dance again.

ENDING: The 7th wall begins facing 9:00 and this is the last wall. Do the dance up to count 12 (mambo ½ turn), then make ½ turn right stepping back L (5), make ½ turn stepping forward R (6), step forward L (7), step R next to L (&), step forward L(8), throw arms up in the air (&) 12:00