

# Woman Up - Easy

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**Count:** 48      **Wall:** 4      **Level:** Beginner

**Choreographer:** Lene Mainz Pedersen (DK) Aug. 2016

**Music:** "Woman Up" - Meghan Trainor (Album: Thank You! - on iTunes, approx 3.28mins)

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

## **[1 - 8] Skate R & L, Shuffle, Skate L & R, Shuffle**

- 1 - 2      Step R fw to R diagonal (1:30), Step L fw to L diagonal (10:30)
- 3 & 4      Step R fw to R diagonal, Step L beside R, Step R fw to R diagonal (1:30)
- 5 - 6      Step L fw to L diagonal (10:30), Step R fw to R diagonal (1:30)
- 7 & 8      Step L fw to L diagonal, Step R beside L, Step L fw to L diagonal (10:30)

## **[9 - 16] Cross Rock, Chasse R, Cross Rock, Chasse 1/4 L**

- 1 - 2      Cross R over L (10:30), recover on L
- 3 & 4      Step R to R side (12:00), Step L beside R, Step R to R side
- 5 - 6      Cross L over R (1:30), recover on R
- 7 & 8      Step L to L side, Step R beside L, Turn 1/4 L step L fw (9:00)

## **[17 - 24] Step fw, Touch, Kick Ball Step, Step fw, Touch, Kick Ball Step**

- 1 - 2      Step R fw, Touch L beside R
- 3 & 4      Kick L fw, Step L beside R, Step R fw
- 5 - 6      Step L fw, Touch R beside L
- 7 & 8      Kick R fw, Step R beside L, Step L fw

## **[25 - 32] Paddle 1/4 L x 2, Jazz Box**

- 1 - 2      Step R fw (9:00), Turn 1/4 L recover on L (6:00)
- 3 - 4      Step R fw, Turn 1/4 L recover on L (3:00)
- 5 - 8      Cross R over L, Step back on L, Step R to R side, Cross L over R \*\* Restart on 5. Wall

## **[33 - 40] Side Rock, Behind Side Cross, Side Rock, Behind Side Step fw**

- 1 - 2      Rock R to R side, recover on L
- 3 & 4      Cross R behind L, Step L to left side, cross R over L

- 5 - 6 Rock L to L side, recover on R
- 7 & 8 Cross L behind R, Step R to R side, Step L fw

**[41 - 48] Rock fw, Coaster, Rock fw, Coaster**

- 1 - 2 Rock R fw, recover on L
- 3 & 4 Step back on R, Step L beside R, Step R fw
- 5 - 6 Rock L fw, recover on R
- 7 & 8 Step back on L, Step R beside L, Step L fw

**\*\*Restart: On 5. Wall after 32 Counts (3:00)**

**Ending: 48 Counts - then turn 1/4 R step R to R side to face 12:00**

**START AGAIN - HAVE FUN**

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