

Woman Up - Ab

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Count: 32 **Wall:** 2 **Level:** Absolute Beginner

Choreographer: Annemaree Sleeth (Australia) July 2016

Music: Woman Up by Meghan Trainor. Album: Thankyou. iTunes - 3.28

No Tags No Restarts

Written as a split floor to:-

"Woman Up" By Rachael McEnaney White & Amy Christians' Intermediate Dance

Also Woman Up Ez - Improver Level by Annemaree Sleeth

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put"

SECTION 1 [1- 8] DIAG R FWD TOUCH, DIAG L FWD TOUCH, DIAG R FWD, TOG, FWD TOUCH INTO R CORNER (1.30)

- 1 - 2 Step R Diagonally Forward, Bending Knees on Touch L Together (Travels Forward)
- 3 - 4 Step L Diagonally Forward, Bending Knees on Touch R Together
- 5 - 6 Step R Diagonally Forward, Step L Together (Shoop Arm Movements Fwd& Back)
- 7 - 8 Step R Diagonally Forward, Bending Knees on Touch L Together

SECTION 2 [9 -16] DIAG FWD TOUCH, DIAG FWD TOUCH, SIDE, TOGETHER ¼ L BRUSH

- 1 - 2 Step L Diagonally Forward, Bending Knees on Touch R Together (Travels Forward)
- 3 - 4 Step R Diagonally Forward, Bending Knees on Touch L Together
- 5 - 6 Step L Side, Step R Together Bending Knees (9.00)
- 7 - 8 Turn ¼ L Step L Forward, Brush R Over L

SECTION 3 [17- 24] CROSS, RECOVER, SIDE TOE STRUTS, CROSS, RECOVER, SIDE TOE STRUTS

- 1 - 2 Cross R Over L, Recover L
- 3 - 4 Step R Side, Hold/Toe Struts (Add Shimmies Or Hip Wiggles And Rolling Hands)
- 5 - 6 Cross L Over R , Recover R
- 7 - 8 Step L Toe Side, Drop L Heel (Add Shimmies Or Hip Wiggles And Rolling Hands)

Or Counts 3 -4 & 7 -8 Side Holds

SECTION 4 [25-32] FORWARD MAMBO, SWEEP, SAILOR ¼ L, TOUCH,OR TRIPLE ¼ L

- 1 - 2** Step R Forward , Recover L
- 3 - 4** Step R Back, Sweep L Around Behind R Turn ¼ L
- 5 - 6** Step L Behind R, Step R Side ,
- 7 - 8** Step L Side , Touch R Together (6.00)

Or 5- 8 Turning to left ¼ L R, L Touch R Together Or Hold

DANCE FINISHES by Stepping R Fwd

Contact - Email: inlinedancing@gmail.com

Youtube Site <https://www.youtube.com/user/frederina521> (Annemaree Sleeth)