

Woman Up - Ez

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

Choreographer: Annemaree Sleeth (Australia) July 2016

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

**Written as a split floor to : "Woman Up" By Rachael McEnaney White & Amy Christians
Intermediate**

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put" - No Tags No Restarts

**SECTION 1 [1- 8] PRISSY, PRISSY, HIPS BUMPS/ TRIPLES FWD, PRISSY, PRISSY, HIPS
BUMPS / TRIPLES FWD**

- 1 - 2 Cross R Slightly Over L, Cross L Slightly Over R
- 3 &4 Step on Ball of R Toe R Bounce R Hip fwd, Back L Hip, Step R Fwd
- 5 - 6 Cross L Slightly Over R, Cross R Slightly Over L
- 7 &8 Step on Ball of L Toe R Bounce L Hip fwd, Back R Hip, Step L Fwd

Other Option R Step Lock, R Triple , Step, Lock, Triple

For Latin feel Push into the Hips Or Triple use arms for more feel in whole dance

**SECTION 2 [9 -16] ROCK FWD, RECOVER, ½ TRIPLE R, ¼ TRIPLE R SIDE, BACK,
RECOVER, SIDE**

- 1 - 2 Rock R Fwd, Recover L ,
- 3 &4 Turning ½ R Triple/Shuffle , R, L, R (6.00)
- 5 &6 Turning ¼ R Side Triple/Shuffle L,R, L (9.00)
- 7 &8 Rock R Back, Recover L, Step R Side

**SECTION 3 [17- 24] L CROSS, SIDE, DIAGONAL L COASTER, R CROSS ,SIDE, DIAGONAL
R COASTER,**

- 1 - 2 Cross L Over R, Step R Side
- 3 &4 Step L Back, Step R Together, Step L Forward (7.30 wall)
- 5 - 6 Cross R Over left , Step L Side
- 7 &8 Step R Back, Step L Together, Step R Forward (10.30 wall)

Option Can substitute Sailors For Coasters

**SECTION 4 [25 - 32] L CROSS, BACK, BACK , CROSS, BACK, RECOVER, STEP L FWD,
HITCH/SWEEP ¼ L**

- 1 - 2** Cross L Over R, Step R Back
- 3 - 4** Step L Back, Cross R Over L(WgtR)
- 5 - 6** Step L Back , Recover Fwd R (WgtL)
- 7 - 8** Step L Fwd, Pivot on L ¼ L Hitch R Over L ... Ready to Begin Prissys again

Or Sweep R Around To The Front

DANCE FINISHES by Stepping R Over L at the Front

Contact Email: inlinedancing@gmail.com Youtube Site

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