

Clean Up Woman

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Linda McCormack (UK) March 2016

Music: 'Clean Up Woman' - Leela James

[1-8]. R grapevine with a jump (clap hands), L syncopated grapevine touching R toe behind.

1,2,3,4.R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);

5,6&7&8.L side (5); R behind (6); step L slightly to L side (&); cross R in front of L (7); step L slightly to L side (&); touch R toe behind L (8);

[9-16]. R grapevine with a jump (clap hands), L rolling vine with a ¼ turn L, snatch feet in together, shoot feet out (shoulder width apart)

1,2,3,4.R side (1); L behind (2); R side (3); jump both feet together whilst clapping hands (4);

5,6,7&8.¼ turn L stepping forward on LF (9.00 wall) (5); ½ turn L stepping back on RF (3.00 wall) (6); ½ turn L stepping forward on LF (9.00 wall)(7); snatch both feet together (on balls of feet, feet don't leave the floor)(&); shoot both feet out to sides (shoulder width apart, weight even across feet)(8);

[17-24]. Hip bumps (R,L,double R- L,R,double L)

1,2,3,4.Hip bump to the R (1); hip bump to the L (2); double hip bump to the R (3,4);

5,6,7,8.Hip bump to the L (5); hip bump to the R (6); double hip bump to the L (7,8);

[25-32]. R rock forward, recover, R side rock, recover, R sailor cross, L rock forward, recover, L side rock, recover, L cross behind, unwind full turn R

1&2&.Rock forward R (1); recover weight back onto L (&); rock R to R side (2); recover weight back onto L (&);

3&4.Cross R behind L (3); step L slightly to L side (&); cross R over L (4);

1&2&.Rock forward L (1); recover weight back onto R (&); rock L to L side (2); recover weight back onto R (&);

7,8.Cross L behind R (7); turning to the R unwind a full turn (back to 9.00 wall, weight ends on LF) (8);