

Little Women

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Count: 48

Wall: 4

Level: High Beginner

Choreographer: Forty Arroyo - Oct 2016

Music: "Woman Up" – Meghan Trainor (Album: Thank You! - on iTunes and all major mp3 websites, approx 3.28mins). Approx 105 bpm

Dedicated to Arline Winerman & Forty's Senior Guys & Dolls

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

Inspired by the intermediate dance WOMAN UP by Rachael McEnaney-White (UK/USA) and Amy Christian (USA)

[1-8] TOE HEEL STRUTS FORWARD R,L,R,L, SIDE, TOGETHER, COASTER STEP

1-4 Walk forward – R, L, R, L

5,6 Step R to side, Step L next to R

7&8 Step back on R, Step L next to R, Step forward on R (end at 12:00)

[9-16] BIG STEP L, TOGETHER, SWIVEL HEELS, BIG STEP R, TOGETHER, SWIVEL HEELS

1-2 Big step to L, Step R next to L,

3&4& Swivel heels: right(3), left(&), right(4), center(&) (weight on L)

5,6 Big step to R, Step L next to R

7&8& Swivel heels: left(7), right(&), left (8) center(&) (weight on R)

[17-24] VINE L, TOE TAPS, VINE R, TOE TAPS

1-3,&4 Step L to side, Step R behind L, Step L to side, Tap R toes next to L twice (for &4)

5-7,&8 Step R to side, step L next to R, Step R to side, Tap L toes next to R twice (for &8) (12:00)

[25-32] ROCK, RECOVER, CROSSING TRIPLE, ROCKING CHAIR with ¼ R

1-2 Rock L to side, Recover on R

3&4 Cross L over R, Step R to side, Cross L over R

5-8 Turning ¼ right – Rock forward on R, Recover on L, Rock back on R, Recover on L

End at 3:00

[33-40]PRESS, RECOVER, STEP FWD, PRESS, RECOVER, STEP FWD, CROSS, BACK, BACK, CROSS

- 1&2** Press ball of R to side, Recover on L, Step R in front of L
3&4 Press ball of L to side, Recover on R, Step L in front of R
5-8 Cross R over L, Step back on L, Step back on R, Cross L in front of R

[41-48] MAMBO R, MAMBO L, SWAYS

- 1&2** Rock side R, Recover on L, Step R next to L
3&4 Rock side L, Recover on R, Step L next to R
5-8 Sway hips: R L R L

TAG: After 4th (now facing 12:00) repeat the last 16 counts of the dance

[33-48] then start from the beginning at 12:00

[33-40]PRESS, RECOVER, STEP FWD, PRESS, RECOVER, STEP FWD, CROSS, BACK, BACK, CROSS

- 1&2** Press ball of R to side, Recover on L, Step R in front of L
3&4 Press ball of L to side, Recover on R, Step L in front of R
5-8 Cross R over L, Step back on L, Step back on R, Cross L in front of R

[41-48] MAMBO R, MAMBO L, SWAYS

- 1&2** Rock side R, Recover on L, Step R next to L
3&4 Rock side L, Recover on R, Step L next to R
5-8 Sway hips: R L R L