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Woman Up EZ

32 Count, 2 Wall, Beginner

Choreographer: Annemaree Sleeth (AU) Jul 2015

Choreographed to: Woman Up by Meghan Trainor.

Album: Thankyou

Written as a split floor to: Woman Up by Rachael McEnaney White & Amy Christian's Intermediate

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

Section 1 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 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 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 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
