

Woman Up

48 Count, 2 Wall, Intermediate

Choreographer: Rachael McEnaney-White & Amy Christian (USA)

Jul 2016

Choreographed to: Woman Up by Meghan Trainor.

Album: Thank You!

Track: Approx. 3:28mins**Count In: 8 counts from when the beat kicks in, dance begins on vocals. Approx 105 bpm**

- Section 1** **L Cross, R Side, L Heel, R Cross, L Side, R Heel, L Cross, R Side, ¼ Turn L Sailor.**
1 & 2 Cross L over R (1), step R to right side (&), touch L heel to left diagonal (2) 12.00
& 3 & 4 Step in place with L (&), cross R over L (3), step L to left side (&),
 touch R heel to right diagonal (4) 12.00
5 & 6 Step in place with R (&), cross L over R (5), step R to right side (6) 12.00
7 & 8 Cross L behind R (7), make ¼ turn left stepping R next to L (&), step forward L (8) 9.00
- Section 2** **Walk R – L, R Mambo ½ Turn R, ½ Turn R, ¼ Turn R, L Crossing Shuffle**
1 2 3 & 4 Step forward R (1), step forward L (2), rock forward R (3), recover weight L (&),
 make ½ turn right stepping forward R (4) 3.00
5 6 Make ½ turn right stepping back L (5), make ¼ turn right stepping R to right side (6) 12.00
7 & 8 Cross L over R (7), step R to right side (&), cross L over R (8) 12.00
- Section 3** **R Side, L Close, R Forward, L Shuffle, R Fwd, ½ Pivot L, R Mambo Fwd**
& 1 2 Step R to right side (&), step L next to R making 1/8 turn left (1), step forward R (2) 10.30
3 & 4 5 6 Step forward L (3), step R next to L (&), step forward L (4), step forward R (5), pivot ½ turn left (6)
Styling: roll hips on pivot 4.30
7 & 8 Rock forward R (7), recover weight L (&), step slightly back R (8) 4.30
- Section 4** **¼ Turn L, Point R, 1/8 Turn R Sweeping L, L Cross, R Side, 1/8 Turn L Back L, R Back,
1/8 Turn L Side L, R Fwd, Heel Switch L-R**
& 1 2 Make ¼ turn left stepping L to left side (&), point R to right side (1), make 1/8 turn right
 stepping forward R as you sweep L (2) 3.00
3 & 4 Cross L over R (3), step R to right side (&), make 1/8 turn left stepping back L (4) 1.30
5 & 6 Step back R (5), make 1/8 turn left stepping L to left side (&), step forward R (6) 12.00
7 & 8 Touch L heel forward (7), step L next to R (&), touch R heel forward (8) 12.00
- Section 5** **R Close, L Cross, R Point, R Crossing Shuffle, L Side, R Touch, R Kick-Ball-Cross**
& 1 2 Step R next to L (&), cross L over R (1), point R to right side (2) 12.00
3 & 4 Cross R over L (3), step L to left side (&), cross R over L (4) 12.00
5 6 7 & 8 Step L big step to left side (5), touch R next to L (6), kick R to right diagonal (7),
 step ball of R next to L (&), cross L over R (8) 12.00
- Section 6** **¼ Turn R Samba Step, L Samba Step, Full Paddle Turn To R**
1 & 2 Make ¼ turn right stepping forward R (1), rock ball of L to left side (&), recover weight R (2) 3.00
3 & 4 Step forward L (slightly across R) (3), rock ball of R to right side (&), recover weight L (4) 3.00
5 & Make ¼ turn right stepping forward R (5), make 1/8 turn right stepping L next to R (&), 7.30
6 & Make ¼ turn right stepping forward R (6), make 1/8 turn right stepping L next to R (&) 12.00
7 & 8 Make ¼ turn right stepping forward R (7), step ball of L to left side (&), step in place with R (8) 3.00
- Tag:** **The 5th wall begins facing 12.00 and ends facing 3.00.
At the end of the 5th wall repeat the last 16 counts of the dance;
Counts 33 – 48 (do not do the & count before count 1).
You will then be facing 6.00 to start the dance again. 6.00**
- Ending:** **The 7th wall begins facing 9.00 and this is the last wall. Do the dance up to count 12 (mambo ½ turn),
then make ½ turn right stepping back L (5), make ½ turn right stepping forward R (6),
step forward L (7), step R next to L (&), step forward L(8), throw arms up in the air (&) 12.00**

Start Again – Have Fun