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Little Women

48 Count, 4 Wall, Beginner

Choreographer: Forty Arroyo (USA) Oct 2016

Choreographed to: Woman Up by Meghan Trainor.

Album: Thank You!

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

Inspired by the intermediate dance, Woman Up by Rachael McEnaney-White and Amy Christian

Track: Approx. 3:28m - Approx. 105 bpm

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

Section 1 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)

Section 2 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)

Section 3 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)

Section 4 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

Section 5 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

Section 6 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