



Woman Up

Choreographed by **Rachael McEnaney-White (UK/USA)** and **Amy Christian (USA)**

Rachael: www.dancewithrachael.com - dancewithrachael@gmail.com

Amy - amyc@linefusiondance.com



Description:	48 counts, 4 wall, Intermediate Line Dance
Music:	"Woman Up" – Meghan Trainor (Album: Thank You! available on itunes and all major mp3 websites, approx 3.28mins)
Count In:	8 counts from when the beat kicks in, dance begins on vocals. <i>Approx 105 bpm</i>
Video:	

Section	Footwork	End Facing
1 - 8	L cross, R side, L heel, R cross, L side, R heel, L cross, R side, ¼ 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
9 – 16	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
17 - 24	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) <i>styling: roll hips on pivot</i>	4.30
7 & 8	Rock forward R (7), recover weight L (&), step slightly back R (8)	4.30
25 - 32	¼ turn L, point R, 1/8 turn R sweeping L, L cross, R side, 1/8 turn back L, R back, 1/8 turn 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
33 - 40	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
41 - 48	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 &	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 (8), throw arms up in the air (&)	12.00

START AGAIN – HAVE FUN ☺