



Woman Up - Ez

Choreographed By Annemaree Sleeth (Australia) **July 2016**

Description : 32 Count, 2 Wall, **High Beginner No Tags No Restarts**

Music : Woman Up By Meghan Trainor Album Thankyou Itunes 3.28

Written as a split floor to

"Woman Up" By Rachael McEnaney White & Amy Christians Intermediate

Intro 48 Counts Start On Heavy Beat About 2 Beats Before "Put"

SECTION 1 1- 8 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 9 -16 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 17- 24 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 25 - 32 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

Contact Email: inlinedancing@gmail.com Youtube Site

<https://www.youtube.com/user/frederina521> (Annemaree Sleeth)