Count: 48
Wall: 4
Level: Beginner
Choreographer: Lene Mainz Pedersen (DK) - August 2016
Music: Woman Up - Meghan Trainor : (Album: Thank You! - iTunes - 3:28)


Count In: 8 counts from when the beat kicks in, dance begins on vocals.
[1-8] Skate R \& L, Shuffle, Skate L \& R, Shuffle
1-2 Step $R$ fw to $R$ diagonal (1:30), Step $L$ fw to $L$ diagonal (10:30)
3 \& $4 \quad$ Step $R$ fw to $R$ diagonal, Step $L$ beside R, Step $R$ fw to $R$ diagonal (1:30)
5-6 Step $L$ fw to $L$ diagonal (10:30), Step $R$ fw to $R$ diagonal (1:30)
7 \& $8 \quad$ Step L fw to L diagonal, Step R beside L, Step L fw to L diagonal (10:30)
[9-16] Cross Rock, Chasse R, Cross Rock, Chasse 1/4 L
1-2 Cross $R$ over $L$ (10:30), recover on $L$
3 \& $4 \quad$ Step $R$ to $R$ side (12:00), Step $L$ beside $R$, Step $R$ to $R$ side
5-6 Cross $L$ over $R(1: 30)$, recover on $R$
7 \& $8 \quad$ Step $L$ to $L$ side, Step R beside L, Turn 1/4 L step L fw (9:00)
[17-24] Step fw, Touch, Kick Ball Step, Step fw, Touch, Kick Ball Step
1-2 Step R fw, Touch $L$ beside R
3 \& $4 \quad$ Kick $L$ fw, Step $L$ beside R, Step R fw
5-6 Step L fw, Touch R beside L
7 \& $8 \quad$ Kick R fw, Step R beside L, Step L fw
[25-32] Paddle 1/4 L x 2, Jazz Box
1 - $2 \quad$ Step R fw (9:00), Turn 1/4 $L$ recover on $L$ (6:00)
3-4 Step R fw, Turn 1/4 L recover on $L$ (3:00)
5-8 Cross R over L, Step back on L, Step R to R side, Cross L over R ** Restart on 5. Wall
[33-40] Side Rock, Behind Side Cross, Side Rock, Behind Side Step fw
1-2 Rock $R$ to $R$ side, recover on $L$
3 \& $4 \quad$ Cross $R$ behind $L$, Step $L$ to left side, cross $R$ over $L$
5-6 Rock $L$ to $L$ side, recover on $R$
7 \& $8 \quad$ Cross $L$ behind $R$, Step $R$ to $R$ side, Step $L f w$
[41-48] Rock fw, Coaster, Rock fw, Coaster
1-2 Rock $R$ fw, recover on $L$
3 \& 4 Step back on R, Step L beside R, Step R fw
5-6 Rock Lfw, recover on R
7 \& $8 \quad$ Step back on L, Step R beside L, Step L fw
**Restart: On 5. Wall after 32 Counts (3:00)

Ending: 48 Counts - then turn $1 / 4 \mathrm{R}$ step R to R side to face 12:00
START AGAIN - HAVE FUN
Contact: lene.m@privat.dk - www.happylinedanceherning.dk
$\qquad$

