Take It Like a Man

Count: 32	**Wall:** 4	**Level:** Improver

Choreographer: Mike Stringer (UK) - August 2022

Music: Woman Up (And Take It Like a Man) - Dolly Parton

#8 Count Intro

Sec1: Cross, back, ¼ side Shuffle, cross ¼ back, ¼ shuffle

1-2	Cross right over left, step back on left
3&4	Make ¼ turn over right as step right to right, close left next to right, step right to right side (3:00)
5-6	Cross left over right, make ¼ turn over left shoulder, stepping back on right
7&8	Make ¼ turn over left as step left to left, close right next to left, step left to left side (9:00)

Sec2: Cross, side, behind, side, cross, side rock, cross shuffle

1-2	Cross right over left, step left to left side
3&4	Step right behind left, step left to left side, cross right over left (9:00)
5-6	Rock left to left side, recover weight onto right
7&8	Cross left over right, step right to right side, cross left over right (9:00)

Sec3: Modified ¼ Monterey x 2

1-2	Point right toe out to right side, make ¼ turn over right step right in place
3&4	Rock left to left side, recover onto right, cross left over right (12:00)
5-6	Point right toe out to right side, make ¼ turn over right step right in place
7&8	Rock left to left side, recover onto right, cross left over right (3:00)

Sec4: Side, together, heels switches, touch back, unwind, forward shuffle

1-2	Step right to right side, step left next to right
3&4	Touch right heel forward, step right next to left, touch left heel forward, step left next to right (3:00)
5-6	Touch right toe back, unwind ½ turn over right putting weight onto right
7&8	Step left forward step right next to left, step left forward (9:00)

Tag: Wall 5: Cross, ¼ turn, ½ turn, touch

On wall 5 dance up to and including count 6 of sec 2 then add these 4 counts and restart the dance from the front wall

1-2	Cross left over right, make ¼ turn over left stepping back on right
3-4	make ½ turn over left stepping forward on left, touch right next to left

Begin again