### 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. Approx 105 bpm

### Video:
https://www.youtube.com/watch?v=r7NMt488kxw

### Section | Footwork | End Facing |
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1 - 8 | L cross, R side, L heel, R cross, L side, R heel, L cross, R side, ¼ turn L sailor. | 12.00 |
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 | 12.00 |
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 | 4.30 |
& 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) styling: roll hips on pivot | 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 L back L, R back, 1/8 turn L side L, R fwd, heel switch L-R | 12.00 |
& 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 | 12.00 |
& 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 | ⅛ turn R samba step, L samba step, full paddle turn to R | 3.00 |
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 R (6), make 1/8 turn right stepping L next to R (&) | 12.00 |
7 & 8 | Make ¼ turn right stepping forward R (7), step ball of L to left side (&), step in place with R (8) | 3.00 |

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**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.**

**TAG:** 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 L(8), throw arms up in the air (&)

**Ending:** START AGAIN – HAVE FUN 😊