

# Woman Up - By Meghan Trainor

Intermediate – Line – Left Lead

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Sequence: Wait 40

A, 1/2 B, C, Br, 1/2 A, B, C, Br, Break, B, C\*, C\*

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## Part A (32 Beats)

- (8) Heel Twist Brush Up DS – HTw(xf) S – R(b) S – Br Up – TH – RS – DS - RS  
(4) Joey DS – B(xb) B(ots) – B(ots) B(xb) – B(ots) S  
(4) Stomp Double ST – DS – DS – RS

*Repeat all of the above on Opposite Foot*

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## 1/2 Part B (16 Beats)

- (8) Twisty Bounce L DT Bo(tw L) Bo(tw R) DT Bo(tw L) Bo(tw R) Bo(tw L) H lift DS R  
R Bo(tw L) DT Bo(tw R) Bo(tw L) Bo(tw R) Bo(tw L) B Sl DS S  
(4) Samantha DS - DS(xf) - Dr S(xb) – Dr S(xb) – RS - DS(xf) - DS(xf) - RS
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## Part C (32 Beats)

- (4) Rock Forward DS – RS(fwd) – RS(fwd) – RS(fwd)  
(4) 2 Basics DS – RS – DS – RS  
(4) Turning Push Off DS – RS – RS – RS turn 1/2 R  
(4) Drag Your Toes DS Fl – Dr S Fl – Dr S Fl – S

*Repeat all of the above to face the front*

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## Bridge (16 Beats)

- (8) Clogover Loop DS(ots)– DS(xf)– DS(ots)– Loop (@b) S– DS(ots)– DS(xf)– DS - RS

*Repeat all of the above on the other foot*

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## 1/2 Part A (16 Beats)

- (8) Heel Twist Brush Up DS – HTw(xf) S – R(b) S – Br Up – TH – RS – DS - RS  
(4) Joey DS – B(xb) B(ots) – B(ots) B(xb) – B(ots) S  
(4) Fancy Double DS – DS – RS - RS
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## Part B (32 Beats)

- (8) Twisty Bounce  
(4) Samantha Turn 1/2 R

*Repeat to face front*

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## Repeat Part C, Br

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**Go to next page**

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## Break (48 Beats)

- |     |                    |  |
|-----|--------------------|--|
| (4) | 4 Runs Forward     | DS – DS – DS – DS moving forward                         |
| (4) | Drag Back and Turn | Dr S – Dr S – Sl S – Sl S turn $\frac{3}{4}$ R gradually |
| (4) | 2 Slap Rocks       | Dbl Up – RS – Dbl Up – RS                                |
| (4) | Fancy Double       | DS – DS – RS – RS turn $\frac{1}{4}$ L                   |

*Repeat all to face the front*

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**Repeat Part B, C\***  $\frac{3}{4}$  turn on each push off, **C\***  $\frac{3}{4}$  turn on each push off

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## Abbreviations

|                       |                  |                  |
|-----------------------|------------------|------------------|
| (b) – back            | Bo - Bounce      | HTw – Heel Twist |
| (ots) - out to side   | Br – Brush       | R - Rock         |
| (xb) - Cross in Back  | Dr - Drag        | RS - Rock Step   |
| (xf) – Cross in Front | DS - Double Step | S – Step         |
| @ - around            | DT – Double Toe  | Sl – Slide       |
| tw - twist            | Fl - Flange      | ST - Stomp       |
| B - Ball              | H - Heel         | TH – Toe Heel    |