Woman on Fire (Menopause)

Count: 32 **Wall:** 2 **Level:** Easy Intermediate
Choreographer: Debbie Mabbs (UK) & Lorraine Monahan (UK) - September 2026
Music: Woman on Fire Menopause Anthem - Fireball Cindy

Intro: 8 counts (approx. 6s)

S1 [1-8] SIDE, BEHIND, ¼ R, HITCH L, ¼ R SIDE L, BEHIND, ¼ LEFT, CHASE ½ TURN L, RUN L-R-L

1&2&	Step R to right side, step L behind R, make ¼ turn right stepping R forward, hitch L [3:00]
3&4	Make ¼ turn right stepping L to L side, step R behind L, make ¼ turn left stepping L forward [3:00]
5&6	Step R forward, make ½ turn left (weight forward on L), step forward on R [9:00]
7&8	Run forward L, R, L (or triple full turn R travelling forward)

S2 [9-16] HEEL DIGS, ¼ R MONTEREY, STEP, TOUCH, BACK, KICK, R COASTER

1&2&	Dig R heel forward, step R beside L, dig L heel forward, step L beside R
3&4&	Point R to right side, make ¼ turn right stepping R beside L, point L to left side, step L beside R [12:00]
5&6&	Step R forward, touch L behind R, step L back, kick R forward
7&8	Step R back, step L beside R, step R forward

S3 [17-24] SLIDE L ¼ R, ROCK BACK, RECOVER, RUMBA BOX FORWARD, BACK LOCK STEP

1,2&	Make ¼ turn R sliding L to L side, rock back on R, recover on L [3:00]
3&4	Step R to right side, close L beside R, step R forward
5&6	Step L to left side, close R beside L, step L back
7&8	Step R back, lock L across R, step R back

S4 [25-32] L SAILOR ½ TURN, R VAUDEVILLE, L VAUDEVILLE, STEP R ¼ L, STEP L

1&2	Make ½ turn left sweeping L around to behind R, step R to right side, step L to left side [9:00]
3&4&	Cross R over L, step L to left side, touch R heel diagonally forward, step R beside L
5&6&	Cross L over R, step R to right side, touch L heel diagonally forward, step L beside R
7-8	Step R forward making ¼ turn left with hip roll (weight on R), step L beside R [6:00]

Start Over

TAG 1: 4-COUNTS – DONE AT THE END OF WALLS 1,2,4,6,

1&2&	Kick R forward, step R beside L, kick L forward, step L beside R
3&4	Point R toe to right side, stomp R beside L, stomp R beside L (keep weight on L)

TAG 2: 2-COUNTS – DONE AT THE END OF WALL 3

1&2&	Kick R forward, step R beside L, kick L forward, step L beside R

TAG 3: MENOPAUSE THEME TAG - 4-COUNTS – DONE AT THE END OF WALL 6 AFTER TAG 1

1-2-3-4	Step R to right side, roll hips around over 3 counts, transferring weight back onto L by count 4

Styling: Bring both hands up towards the head/face during the hip roll to emphasise the menopause/hot-flush theme

PATTERN: W1: 32 Cnts + 4 Count Tag, W2: 32 Cnts + 4 Count Tag, W3: 32 Cnts + 2 Count Tag, W4: 32 Cnts + 4 Count Tag, W5: 32 Cnts, W6: 32 Cnts + 4 Count Tag + 4 Count Menopause Tag, W7: 32 Cnts, W8: 24 Cnts Finish with ¼ turn R to face 12:00.

Last Update: 19 Sep 2026