



Woman On Fire (Menopause)

32 Count 2 Wall Low Intermediate Level Dance.

Choreographed by: Debbie Monahan-Mabbs (UK)

& Lorraine Monahan-Mabbs (UK) Sept 2026

Choreographed to: Woman On Fire (Menopause Anthem) by Fireball Cindy

Intro: 8 Counts. Start at approx 5 secs.

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SEC 1 SIDE, BEHIND, ¼ STEP, HITCH, ¼ SIDE, BEHIND, ¼ STEP, CHASE ½ TURN, RUN X3

- 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 on L, step forward on R (9:00)
7&8 Run forward L, run forward R, run forward L

SEC 2 HEEL SWITCHES, ¼ MONTEREY, STEP, TOUCH, BACK, KICK, 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

SEC 3 SLIDE ¼, ROCK BACK, 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

SEC 4 SAILOR ½ TURN, VAUDEVILLE, VAUDEVILLE, STEP ¼, STEP

- 1&2 Make ½ turn left step L 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, ¼ turn left step L beside R (6:00)

Styling Roll hips

Tag 1 At the end of Walls 1, 2, 4 and 6

KICK & KICK BALL POINT, STOMP, STOMP

- 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 keep weight on L, stomp R beside L keep weight on L

Tag 2 At the end of Wall 3

KICK & KICK &

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

Tag 3 After tag 1 at the end of Wall 6

SIDE, HIP ROLL

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

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



Remember to Vote for your favourite dances at www.linedancerweb.com

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