

You Got The Light Now (Woman Up)

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Count: 48 **Wall:** 4 **Level:** Improver

Choreographer: Lisa McCammon ; 07/2016

Music: Woman Up by Meghan Trainor; CD Thank You. - 105 BPM

Intro: 8 counts, beginning with heavy beat about 19 seconds in; you will start dancing before the lyrics

Clockwise rotation; start weight on right

NOTE: No Tags Or Restarts.

S1: CROSS, SIDE, CROSS-&-CROSS, SWAY, TURN LEFT, WALK, WALK

- 1-2** Cross L, step R to side
- 3&4** Cross L, step R to side, cross L
- 5-8** Step R to side swaying R, turn left $\frac{1}{4}$ [9] stepping onto L, walk forward R, L

S2: ROCK, RECOVER, COASTER STEP, STEP, TURN, CROSS-&-CROSS

- 1-2** Rock forward R, recover L
- 3&4** Step back R, close L, step forward R
- 5-6** Step forward L, turn right $\frac{1}{4}$ [12], ending weight R
- 7&8** Cross L, step R to side, cross L

S3: SIDE, CLOSE, TRIPLE BACK, SIDE, CLOSE, WALK, WALK

- 1-2** Step R to side, close L
- 3&4** Step back R, close L, step back R
- 5-8** Step L to side, close R, walk forward L, R

S4: FORWARD MAMBO, TRIPLE BACK, BACK ROCK, RECOVER, HEEL-&-HEEL-&

- 1&2** Rock forward L, recover weight R, step L slightly back
- 3&4** Step back R, close L, step back R
- 5-6** Rock back L, recover R
- 7&8&** Touch L heel forward, step L next to R; touch R heel forward, step R next to L

S5: STEP, POINT, CROSS-&-CROSS, SWAY, TURN RIGHT, STEP, POINT R

- 1-2** Step forward L, point R to side
- 3&4** Cross R, step L to side, cross R
- 5-8** Step L to side, swaying L, turn right $\frac{1}{4}$ [3] stepping onto R; step forward L, point R to side

S6: R SAMBA, L SAMBA, FORWARD ROCK, RECOVER, STEP BACK, FLICK L

- 1&2** Step forward R, rock L to side, recover R (easier option: step forward R, point L to side)
- 3&4** Step forward L, rock R to side, recover L (easier option: step forward L, point R to side)
- 5-8** Rock forward R, recover L, step back R, flick L to left

OPTION: When the song ends, you will be at [6] after completing section 4. To finish at the front, change counts 5-8 of the THIRD set as follows, then do the fourth set facing [12], ending with the heel switches.

S3: SIDE, CLOSE, TRIPLE BACK, BACK ROCK, RECOVER, STEP, TURN

- 1-2** Step R to side, close L
- 3&4** Step back R, close L, step back R
- 5-8** Rock back L, recover R, step forward L, turn right $\frac{1}{2}$ [12] (wt R, ready to mambo forward on L)

Happy dancing. dancinsfun@gmail.com, www.peterlisamcc.com

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