

# You Got The Light Now (Woman Up)

**COPPER** KNOB  
STEPSHEETS

Count: 48

Wall: 4

Level: Improver

Choreographer: Lisa McCammon (USA) - July 2016

Music: Woman Up - Meghan Trainor : (CD: Thank You)



**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 ¼ [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 ¼ [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 ¼ [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 ½ [12] (wt R, ready to mambo forward on L)

Happy dancing. [dancinsfun@gmail.com](mailto:dancinsfun@gmail.com), [www.peterlisamcc.com](http://www.peterlisamcc.com)

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