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| You Got The Light Now (Woman Up) |  |

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| **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, www.peterlisamcc.com**

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