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You Got The Light Now (Woman Up)

48 Count, 4 Wall, Improver

Choreographer: Lisa McCammon (USA) Jul 2016

Choreographed to: 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

Start: Clockwise rotation; start weight on right

Note: No tags or restarts.

Section 1 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

Section 2 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

Section 3 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

Section 4 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

Section 5 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

Section 6 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.

Section 3 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)