

You Got The Light Now (Woman Up)

COPPER KNOB
STEP SHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Lisa McCammon (USA) - July 2016
音樂: 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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