

Light Up My Life

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Music: CD or Record STAR # 224 flip: "It Had To Be You" Available from Palomino Records Inc.

Rhythm: Waltz **RAL Phase:** II+1 [fwd chasse scp] **Speed:** slow for comfort

Footwork: Opposite, except where noted for woman in parentheses **Timing:** 1,2,3 or as noted in left margin

Sequence: INTRO, A B, A B, B(1-13), A(9-16), ENDING **Release:** August 2006

INTRODUCTION

1-4 **WAIT ;; STEP TOG, TCH to LOOSE CP ; SD DRAW TCH ;**
1-2 In LOP fcg WALL 1d ft free, wait 2 meas ;;
3 {tog tch} fwd L (W fwd R), tch R (L), assume loose CP/WALL;
4 {sd drw tch} w/right sd stretch (W left sd stretch) sd R, drw L, straighten & tch L to R; loose CP

PART A

1-4 **TWIST BALANCE L & R ;; ROLL 3 ; PU TO SCAR ;**
1-2 {twist bal l & r} sd L, XRIB (W XLIF), rec L; sd R, XLIB (W XRIF) , rec R;
3 {roll 3} roll LF (W RF) 1full trn down LOD fwd L, R, L; to SCP/LOD
4 {pu to scar} Thru R , trng slightly RF sd & fwd L, cl R; SCAR/DLW
(W thru L comm. LF trn, cont trng sd R to SCAR, cl L)

5-8 **TWINKLE BJO; MANUV; 2 RIGHT TRNS TO BFLY/WALL;;**
5 {twk bjo} fwd L across LOD, trng LF sd R, cl L; BJO/LOD
6 {manuv} fwd R comm. trng RF, cont trng sd L, cl R; CP/RLOD
7 {2 r trns} bk L comm. trng RF, cont trng sd R, cl L; CP/DLC
8 fwd R comm. trng RF, cont trng sd L, cl R; BFLY/WALL

9-12 **WALTZ AWAY & TOG;; LACE ACROSS & FWD WALTZ to FACE;;**
9 {wtz awy} release 1d hnds fwd & sd L trng LF (W RF) awy from ptr, sd R, cl L;
10 {wtz tog} fwd & sd R trng RF (W LF) to fc ptr, sd L, cl R; BFLY/WALL
11 {lace across}[both move diag across LOD man passes beh W] fwd L, fwd R, cl L; LOP/LOD
(W crosses undr jnd 1d hnds fwd R, fwd L, cl R;)
12 {fwd wtz} fwd R, fwd L trng to fc ptr, cl R; chg hndhold to jn trl hnds

13-16 **LACE BK & FWD WALTZ to FACE;; SOLO ROLL 6 to BFLY;;**
13 {lace bk} repeat meas 11; but end in OP/LOD
14 {fwd wtz}repeat meas 12;
15 {solo roll 6} fwd L trng awy from ptr, cont trn sd R progressing down LOD, cl L; to sd by sd LOP
fcg RLOD
16 bk R trng to fc ptr, sd L, cl R; BFLY/WALL

PART B

1-3 **WALTZ AWAY ; SPIN MANUV TO BOLERO ; WHEEL TO LOD ;**
1 {waltz away} release 1d hnds & trng away from ptr fwd L, sd & fwd R to bk to bk "v" pos, cl L;
2 {spin/manuv to bol} comm. RF trn fwd R, cont trn sd L, cl R fc RLOD to BOLERO pos;
(W trng LF fwd L, spot spin R, L to fc ptr & assume BOLERO pos;)
3 {wheel 3} trng ½ RF fwd L, R, L; BOLERO pos fc LOD

4-7 **MANUV ; 1 RIGHT TRN ; FWD & CHASSE SCP; THRU SLOW FLARE & TCH;**
4 {manuv} repeat meas 6 PART A; CP/RLOD
5 {1 right trn} comm. trng RF bk L, cont trn sd R, cl L; CP/ DLC

PART B [cont'd]

- 1,2&3 6 {fwd chasse scp} trng RF fwd R to fc ptr, sd L/cl R, sd L; SCP/LOD
(W bk L trng to fc ptr, sd R/cl L, sd R;)
- 7 {thru flare tch} thru R, trng to fc ptr draw L toe in an arc cw (W R toe ccw), tch L to R; CP/WALL
- 8-12 BOX;; TWIRL 3; TWINKLE THRU TWICE;;**
- 8-9 {box} fwd L, sd R, cl L; bk R, sd L, cl R; CP/WALL
- 10 {twl 3} sd L, cl R, sd L; (W undr jnd ld hnds trn RF fwd R, fwd L, sd R;) chg hndhold to jn trl hnds
- 11 {twk thru 2x} thru R trng RF (W LF), sd L, cl R; chg hndhold to jn ld hnds LOP/RLOD
- 12 thru L trng LF (W RF), sd R, cl L; chg hndhold to jn trl hnds
- 13-14 THRU SD CL; 1 CANTER TO BFLY ;**
- 13 {thru sd cl} thru R trng to fc ptr, sd L, cl R; BFLY/WALL
- 14 {canter} sd L, drw R to L, cl R; BFLY/WALL

REPEAT PARTS A, B

REPEAT PART B (1-13)

REPEAT PART A (9-16)

END

- 1-4 ROLL 3; THRU SD CL; DIP BK REC & ACK - -;;**
- 1 {roll 3} repeat meas 3, PART A;
- 2 {thru sd cl} repeat meas 13, PART B;
- 3 {dip rec ack} bk & sd L on relaxed L knee leaving R leg extd fwd, rec fwd R, apt L;
- 4 pt R twd ptr keeping ld hnds jnd extd trl arm out to sd & look at ptr, -, -;

Light U p My Life (Phase II +1 Waltz) Quick Cues

Intro

[In LOP/WALL ld ft free] WAIT ;; STEP TOG, TCH in loose CP; SD DRW TCH;

PART A

TWIST BALANCE L & R ;; ROLL 3 ; PU TO SCAR ;
TWINKLE BJO; MANUV; 2 RIGHT TRNS TO BFLY/WALL;;
WALTZ AWAY & TOG;; LACE ACROSS & FWD WALTZ;;
LACE BK & FWD WALTZ TO FACE;; SOLO ROLL 6;;

PART B

WALTZ AWAY; SPIN MANUV TO BOLERO; WHEEL TO LOD;
MANUV; 1 RIGHT TRN; FWD & CHASSE SCP; THRU FLARE & TCH;
BOX;; TWIRL 3; TWINKLE THRU TWICE;; THRU SD CL; 1 CANTER to BFLY;

Repeat PARTS A & B

PART B (1-13)

WALTZ AWAY; SPIN MANUV TO BOLERO; WHEEL TO LOD;
MANUV; 1 RIGHT TRN; FWD & CHASSE SCP; THRU FLARE & TCH;
BOX;; TWIRL 3; TWINKLE THRU TWICE;; THRU SD CL;

PART A (9-16)

WALTZ AWAY & TOG;; LACE ACROSS & FWD WALTZ;;
LACE BK & FWD WALTZ TO FACE;; SOLO ROLL 6;;

END

ROLL 3; THRU SD CL; DIP BK REC & ACK - -;;