

# You 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:** IV+2 [right trng lock, dbl rev spin] **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(mod), ENDING **Release:** August 2006 Rev'd: Sept.2006

## INTRODUCTION

**1-4** **WAIT ;; STEP TOG, TCH to LOOSE CP ; SD DRAW TCH ;**  
1-2 In LOP fcg WALL ld 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** **TWISTY BALANCE L & R ;; ROLL 3 ; SLOW SD LOCK ;**  
1-2 {twisty 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 {slo sd lk} Thru R, let W fold in frt fwd & sd L to CP, XR in bk of L trng slightly LF; CP/DLC  
(W thru L comm. LF trn, cont trng bk & sd R to CP, XLIF of R; )

**5-8** **DBL REV SPIN to LW ; HOVER SCP ; WEAWE 6 ;;**  
5 {dbl rev spin} fwd L comm. LF trn, cont trn sd R, spin LF on R & tch L to R; to CP/DLW  
(1,2&,3) (W bk R trng LF, cl L to R heel trn/sd & bk R cont LF trn, XLIF of R;)  
6 {hover} Fwd L, fwd & sd R rising & hovering to SCP, fwd L; SCP/DLC  
7 {weave} Fwd R, comm. LF trn fwd L to CP, cont trn sd & bk R to DLC;  
8 bk L to CBMP, trng LF bk R to CP/DLW, sd & fwd L; to CBMP/DLW

**9-12** **CLOSED WING ; CROSS SWIVEL; BK, BK/LK, BK ; OP IMPETUS ;**  
9 {cl wing} Fwd R, sd L w/LF upper body trn, XRIB; (W bk L, sd R across ptr, fwd L;) SCAR/DLC  
10 {x swivel} fwd L, swivel LF on L & pt R sd & bk to LOD, chk fwd R to RLOD; CBMP/RLOD  
(W bk R, swivel LF on R & pt L to LOD, chk bk L to RLOD;)  
1,2&,3 11 {bk, bk/lk,bk} bk L, bk R/lk L in frnt, bk R; CBMP/RLOD  
12 {op impetus} comm. RF upper body trn bk L, bring R to L [heel trn] to SCP, sd & fwd L;  
(W comm. RF trn fwd R pivoting RF, cont trn sd & fwd L, sd & fwd R;) SCP/LOD

**13-16** **THRU SCP CHASSE; CHAIR & SLIP; OP REV TRN; BK SD CLOSE to BFLY;**  
1,2&,3 13 {thru scp chasse} thru R, sd L/cl R, sd L; SCP/LOD  
14 {chair & slip} chk fwd R w/lunge action, rec L w/no rise, slip R beh L w/slight LF trn; CP/DLC  
(W chk fwd L, rec R w/no rise, swivel LF on R & fwd L to CP;)  
15 {op rev trn} fwd L comm. LF trn, cont trn sd R, bk L to CBMP; fcg RLOD  
16 {bk sd cl} bk R comm. trng LF, cont trn sd L to fc WALL, cl R; BFLY/WALL

## PART B

**1-3** **WALTZ AWAY ; SPIN MANUV TO BOLERO ; WHEEL TO LOD ;**  
1 {waltz away} release ld 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 ; OVER SPIN TRN to RIGHT TRNG LK ;; SLOW WHIPLASH;**  
4 {manuv} fwd R comm. RF trn, cont trn w/lt sd stretch sd L, cl R; CP/RLOD  
5 {spin trn} comm. RF upper body trn bk L toeing in pivoting ½ RF, cont trn fwd R betw ptr's ft pivoting ½ RF, rec sd & bk L; (W comm. RF upper body trn fwd R betw ptr's ft pivoting ½ RF, cont trn bk L toe, sd & fwd R;) CP/RLOD

**PART B [cont'd]**

- 1&,2,3 6 {**r trng lk**} bk R/lk LIF, trng RF on L fwd R betw ptr's ft twd LOD pivotg to scp, fwd L; SCP/LOD (W fwd L/lk RIB, trng RF on R sd & fwd L in firt of ptr pivoting to SCP, fwd R;)
- 7 {**whiplash**} thru R, trng RF (W LF) start drawing L toe in an arc to pt to LOD, cont trng; to CBMP/DLW
- 8-11 BK HOVER SCP ; IN & OUT RUNS ;; NATL HOVER FALLAWAY ;**
- 8 {**bk hover scp**} bk L, bk R rise & hover to SCP, fwd L; SCP/DLW
- 9 {**in & out runs**}Fwd R comm. RF trn, sd & bk L to CP/RLOD, bk R w/rt sd lead to CBMP; fc DRC (fwd L, fwd R betw M's ft, fwd L in CBMP;)
- 10 Bk L trng RF, cont trn sd & fwd R betw W's ft, fwd L; SCP/DLW (comm. RF trn fwd R, cont trn fwd & sd L arnd ptr, fwd R);
- 11 {**natl hover fallaway**} fwd R comm. RF trn, cont trn fwd L rising w/lt sd stretch, rec bk R; SCP/DRW
- 12-14 SLIP PIVOT ; FWD, FWD/LK, FWD; FWD SD DRAW CLOSE ;**
- 12 {**slip pivot**} bk L, bk R trng LF keeping L leg extd, fwd L; CBMP/DLW (W bk R start LF pivot on ball of R, cont trn fwd L in CP, bk R in CBMP;)
- 1,2&,3 13 {**fwd, fwd/lk, fwd**} fwd R, fwd L/lk RIB, fwd L; CBMP/DLW
- 14 {**fwd sd drw cl**} fwd R, trng to fc WALL sd L, drw R to L & cl R; loose CP/WALL
- NOTE: the 2<sup>nd</sup> time thru PART B, change meas 14 to end in BFLY/WALL**

**REPEAT PARTS A, B**

**PART B(1-13)**

- 1-13 WALTZ AWAY; SPIN MANUV TO BOLERO; WHEEL TO LOD;**
- MANUV; OVER SPIN TRN to RIGHT TRNG LK;; SLOW WHIPLASH;**
- BK HOVER SCP; IN & OUT RUNS;; NATL HOVER FALLAWAY;**
- SLIP PIVOT; FWD FWD/LK FWD;**

**PART A(mod)**

- 1-4 CLOSED WING ; CROSS SWIVEL; BK, BK/LK, BK ; IMPETUS SCP;**
- 1-4 repeat meas 9-12, PART A;;;;
- 5-8 WEAVE 6 TO SCP;; FWD PU CLOSE to LW; CHG OF DIR;**
- 5 {**weave to scp**} Fwd R, comm. LF trn fwd L to CP/LOD, sd & fwd R; BJO/DLC
- 6 sd & bk L comm LF trn, cont trn bk R in SCP/DLW, fwd L; SCP/DLW
- 7 {**fwd pu cl**} fwd R, fwd L folding ptrn to CP, cl R; (W fwd L, trng LF sd & bk R, cl L;) CP/DLW
- 8 {**chg of dir**} stay in CP fwd L comm. LF trn, cont trn sd & fwd R, drw L to R; CP/DLC

**END**

- 1-4 DBL REV SPIN ; TO TELEMAR SCP ; THRU to PROM SWAY & SLOW CHG SWAY;;**
- 1 {**dbl rev**} repeat meas 5, PART A; but end DLC
- 2 {**op telemark**} Fwd L comm LF trn, cont trn sd R, sd & fwd L; SCP/DLW (W bk R comm. LF trn bring L besd R no wgt, cont trn on R heel rise & chg wgt to L, sd & fwd R;)
- 3 {**prom sway**} thru R, sd & fwd L look over jnd ld hnds w/rt sd stretch, start relaxing L knee leaving R leg extd bk; (W thru L, sd & fwd R w/left sd stretch, start relaxing R knee;)
- 4 {**chg sway**} cont to lower on L leg, start chg to left sd stretch, cont chg of stretch & look over ptr's head; (W cont to relax R knee, start chg & to right sd stretch, cont chg of sway & look well left twd RLOD;)