

## YOU LIGHT UP MY LIFE

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**RECORD:** CURB 73027 "You Light Up My Life" by LeAnn Rimes

**FOOTWORK:** Opposite, Directions for the man except where noted

**SEQUENCE:** INTRO, A, B, A, B, B, C

**RATING:** Phase V

**RHYTHM:** Waltz

### INTRO

#### 1-2 WAIT; CHAIR & SLIP:

[1-2] SCP DW wait 1 meas; lower & ck thru R, rec L, with slight LF upr body trn slip R beh L cont LF trn (W swiv LF on R & fwd L outsd M's R) to CP DC;

### PART A

#### 1-4 MINI-TELESPIN;; CONTRA CHECK & SWITCH; HAIRPIN:

[1-2] fwd L beg LF trn, sd R cont LF trn, bk & pt L DC keep L sd in twd W/trn body LF to lead W to CP beg spin (W bk R, trn LF cl L heel trn, fwd R keep R sd in twd M/fwd L trn LF twd M head to R); fwd L cont spin LF draw R to L und body, cl R, hold (W fwd R to CP head to L spinning LF draw L to R und body, cl L, hold) to fc DRC;

[3] beg upr body LF trn flex knees with strong R sd lead (W L sd lead) ck fwd L in CBMP (W bk R in CBMP look well to R), rec R beg RF trn leaving L almost in pl (W rec L), cont RF trn bk L (W cont RF trn fwd R betw M's feet) soft knees throughout to CP DW;

[4] fwd R betw W's feet trn RF, with L sd stretch fwd L trn RF, swiv RF fwd R in tight CBMP on toes (W bk & slightly sd L trn RF, with R sd stretch bk R well und body trng RF, cont RF trn swiv RF bk L in CBMP on toes) BJO DRW;

#### 5-8 BACK PASSING CHG; BACK & CHASSE BANJO; FWD, FWD/LOCK, FWD; MANEUVER:

[5-6] staying in BJO bk L, bk R, bk L; bk R trn LF, sd L/cl R, sd L to BJO DW;

[7-8] fwd R, fwd L/lk R beh L, fwd L; fwd R (W bk L) beg RF trn, sd & bk L, cl R to CP RLOD;

#### 9-12 SPIN TRN OVRTRN; TURNING LOCK TO SCP; OPEN NAT TRN; BK HVR TELE:

[9] beg RF upr body trn bk L piv  $\frac{3}{4}$  RF, fwd R betw W's feet cont RF trn, rec bk & sd L CP DRW;

[10] bk R with R sd lead & R sd stretch/lk L, bk R beg LF trn, sd & fwd L to SCP DW;

[11] fwd R beg RF trn, sd & bk L, bk R (W fwd L, fwd R, fwd L) to BJO DRC;

[12] bk L trn RF, cont RF trn sd & fwd R betw W's feet with hovering action, fwd L (W fwd R betw M's feet pivot  $\frac{1}{2}$  RF, sd & fwd L, fwd R) to SCP DC;

#### 13-16 QUICK OPEN REVERSE; OUTSIDE CHECK; OUTSIDE SPIN; BOX FINISH TO LOD:

[13] thru R, fwd L beg LF trn/sd & bk R cont LF trn, bk L to BJO DRC;

[14] bk R trn LF, sd & fwd L, ck fwd R to BJO DRW;

[15] prepare to lead W outsd ptr beg body RF trn toe in with R sd lead shift wt to L trn RF  $\frac{3}{8}$  (W staying well in M's R arm fwd R outsd ptr), fwd R outsd W cont RF trn (W cl L toe spin  $\frac{5}{8}$  RF trn), small stp bk L (W fwd R betw M's feet) CP DRW;

[16] bk R beg LF trn, sd & fwd L cont LF trn, cl R CP LOD;

**PART B****1-4 OPEN REV TURN; HOVER CORTE; BEHIND SIDE CLOSE; RT LUNGE ROLL & SLIP;**

- [1] fwd L trn LF, sd R, bk L to BJO DRC;
- [2] bk R beg LF trn, sd & fwd L with hovering action, rec bk R to BJO DW;
- [3] XLIB R (W XRIF), sd R trn RF, cl L to CP DRW;
- [4] relax L knee (W R) sd & fwd R, roll RF rec R, slip R past L (W fwd L) trn LF to CP DC;

**5-8 OPEN TELEMARK; RUNNING NATURAL WEAVE;; HOVER;**

- [5] fwd L trng LF, sd R cont LF trn, sd & fwd L(W bk R trng LF,cl L heel trn,sd & fwd R) SCP DW;
- [6-7] thru R beg RF trn, sd & bk L with slight L sd stretch cont RF trn (W fwd R)/bk R, with slight R sd stretch bk L to BJO DRW; bk R, sd & fwd L trn LF, cl R CP DW;
- [8] fwd L, fwd & sd R rising to ball of foot, rec sd & fwd L to SCP DC;

**9-11 THRU PROM SWAY; CHG TO OVERSWAY; REC BRUSH FWD SCP;**

- [9-10] thru R, sd & fwd L SCP stretch L sd slightly upwards to look ovr jnd lead hnds, relax L knee slightly; relax L knee more, rotate hips und body leaving R leg ext, trn upr body slightly look at ptr (W look well to L);
- [11] rec R, rising to ball of foot brush L to R, sd & fwd L to SCP DC;

**12-14 SLOW SIDE LOCK; REVERSE FALLAWAY & SLIP; CHANGE OF DIRECTION;**

- [12] thru R, sd & fwd L to CP, lk R IB (W lk L IF);
- [13] fwd L (W bk R) beg LF trn/bk R with L sd lead in fallaway pos, bk L well und body, trng LF slip R past L toeing in with small step bk R leave L foot ext cont LF trn (W cont LF trn slip L past R fwd L) flexing L knee to CP DW;
- [14] fwd L, fwd R trn ¼ LF, draw L to CP DC;

**PART C****1-4 CLOSED TELEMARK; NAT HOVER CROSS;; DBL REV SPIN;**

- [1] fwd L trng LF, sd R cont LF trn,sd & fwd L(W bk R trng LF,cl L heel trn,sd & bk R)to BJO DW;
- [2] fwd R DW (W bk L) beg RF trn, sd L with L sd stretch cont RF trn, sd R to SCAR DC;
- [3] with R sd stretch XLIF (W XRIB), rec R/sd & fwd L, with L sd stretch fwd R to BJO DC;
- [4] fwd L, fwd R trng LF, spin LF on ball of R bring L und body to R no wt flexed knees (W bk R beg LF trn, cl L with heel trn/sd & slightly bk R cont LF trn, XLIF) to CP DW;

**5-8 CONTRA CK REC TO SCP; RIPPLE CHASSE; CHAIR & SLIP; OPEN REVERSE TURN;**

- [5] beg upr body LF trn flex knees with strong R sd lead (W L sd lead) ck fwd L in CBMP (W bk R in CBMP look well to R), rec R beg RF trn leaving L almost in pl (W rec L), sd L to SCP DC;
- [6] thru R, sd & slightly fwd L with L sd stretch/cont L sd stretch into R sway cl R looking to R (W looking L), sd & fwd L blend to SCP;
- [7-8] repeat meas 2 intro; repeat meas 1 part B;

**9-12 HINGE; REC BRUSH FWD TO SCP; FWD 2 BOTH SPIRAL - FWD 2 (W SPIRAL) - M HOLD (W ROLL 3) - CROSS LUNGE & HOLD;;**

- [9] bk R beg LF trn, sd & slightly fwd L with L sd stretch swiv LF lead W to cross L beh R, relax L knee sway R to look at W (W with L tight beh R flex L knee & point R toe at M's R instep);
- [10] rec R, raise on ball of foot brush L to R, sd & fwd L (W fwd R, raise on ball of foot trn RF cl L, sd & fwd R) to loose SCP LOD;
- [11-12] thru R, fwd L spiral RF (W LF), fwd R join lead hnds ovr W's head, fwd L (W spiral LF), maintain jnd lead hnds lead W to roll LF while M holds (W roll LF L, R, sd L) to LOP WALL slow cross lunge R IF of L still with M's L & W's R hnds jnd;;

*NOTE: Begining with PART C meas 5 the tempo slows, in meas 11-12 time each step so that the cross lunge is done on the last note of music.*