

# Light Up My Heart

Choreographer : Maggie Gallagher

Type of dance : 4 Wall

Level : Improver

Counts : 32

Intro : Start on the word "remember"

Music : The One – by Michael Patrick Kelly



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## S1: STEP, TOUCH, BACK, ¼ SIDE, CROSS, TOUCH, BACK, ¼ STEP

- 1-2 Step forward on right, Touch left toe behind right  
3-4 Step back on left, ¼ right stepping right to right side [3:00]  
5-6 Cross left over right, Touch right toe behind left  
7-8 Step back on right, ¼ left stepping forward on left [12:00]

## S2: R SHUFFLE, ROCK, RECOVER, ½ SHUFFLE, STEP, ¼ PIVOT

- 1&2 Step forward on right, Step left next to right, Step forward on right  
3-4 Rock forward on left, Recover on right  
5&6 ¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [6:00]  
7-8 Step forward on right, Pivot ¼ left stepping left to left side [3:00]

## S3: CROSS, POINT, CROSS, SWEEP, JAZZ BOX CROSS

- 1-2 Cross right over left, Point left to left side  
3-4 Cross left over right, Ronde sweep right around from back to front  
5-6-7-8 Cross right over left, Step back on left, Step right to right side, Cross left over right

## S4: CHASSE R, ROCK BACK, RECOVER, CHASSE L, ROCK BACK, RECOVER

- 1&2 Step right to right side, Step left next to right, Step right to right side  
3-4 Rock back on left behind right, Recover on right  
5&6 Step left to left side, Step right next to left, Step left to left side  
7-8 Rock back on right behind left, Recover on left [3:00]

## START AGAIN

**TAG: At the end of Wall 2 facing [6:00], and Wall 6 facing [6:00], dance the 16 count tag.**

**At the end of Wall 4 facing [12:00], dance the first 8 counts of the tag.**

## SIDE, DRAG, ROCK BACK, RECOVER, SIDE, DRAG, ROCK BACK, RECOVER

- 1-2 Long step on right to right side, Drag left to meet right  
3-4 Rock back on left behind right, Recover on right  
5-6 Long step on left to left side, Drag right to meet left  
7-8 Rock back on right behind left, Recover on left

## R ROCKING CHAIR, STEP, ½ PIVOT, STEP, ½ PIVOT

- 1-2-3-4 Rock forward on right, Recover back on left, Rock back on right, Recover forward on left  
5-6 Step forward on right, Pivot ½ left [12:00]  
7-8 Step forward on right, Pivot ½ left [6:00]

**ENDING: At the end of Wall 10, cross right over left and unwind ½ left to finish facing [12:00].**

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