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Light You Up

32 Count, 4 Wall, Intermediate
Choreographer: Adam Astmar (SE) Apr 2017
Choreographed to: Run by Leona Lewis

Track: 4:39m - 71 BPM

Intro: 8 Counts

Section 1: Rock. Recover. 1/2. 1/2 With Sweep. Wine Right. Hip Sways.

1 – 2 & (1) Rock forward on RF. (2) Recover on LF. (&) Turn 1/2 to the right stepping RF forward. (6:00)

3 – 4 (3) Turn 1 / 2 to the right stepping LF back and sweep RF from front to back (4) Step RF behind LF. (12:00)

& 5 (&) Step LF to the left. (5) Cross RF over LF.

6 – 7 (6) Step LF to the left and sway hips to the left. (7) Sway hips to the right and transfer weight to RF.

Optional for counts & 3: (&) Step RF back. Step LF back and sweep RF from front to back.

Section 2: Chasse 1/4 and Sweep 1/4. Wine Left. Lunge With Prep. 1/4. Unfind Full Turn. Basic Right. 1/4.

8 & 1 (8) Step LF to the left. (&) Close RF next to LF. (1) Turn 1/4 to the left stepping LF forward and sweep RF from back to front while turning 1/4 to the left. (6:00)

2 & 3 (2) Cross RF over LF. (&) Step LF to the left. (3) Step RF behind LF.

4 – 5 (4) Lunge LF and prep body slightly to the left. (5) Recover on RF.

6 – 7 (6) Cross LF over RF and unwind a full turn to the right. (7) Take a big step to the right on RF.

8 & (8) Close LF next to RF. (&) Turn 1 / 4 to the left stepping RF forward and slightly across LF (3:00)
Optional for count 6: (6) Cross LF over RF

Section 3: Rock. Recover. Together. Step. Pivot 1/2 Turn. Basic Right. Big Step. Behind. 1/4.

1 – 2 & (1) Rock forward on LF. (2) Recover on RF. (&) Close LF next to RF.

3 – 4 (3) Step forward on RF. (4) Pivot 1 / 2 turn to the left transferring weight to LF. (9:00)

5 – 6 & (5) Take a big step to the right on RF. (6) Close LF next to RF. (&) Cross RF over LF.

7 – 8 & (7) Take a big step to the left on LF. (8) Step RF behind LF. (&) Turn 1/4 to the left stepping LF forward.

Section 4: Full Spiral Turn. Step With Sweep. 1/4 Diamond Right. Rock. Recover. Back. Together.

1 – 2 (1) Step forward on RF and start a full spiral turn to the left. (2) Finish the spiral turn and step forward on LF sweeping RF from back to front. (6:00)

3 & 4 (3) Cross RF over LF. (&) Step LF to the left. (4) Turn 1/8 to the right stepping back on RF. (7:30)

5 & 6 (5) Step back on LF. (&) Turn 1 / 8 to the right stepping RF to the side. (6) Step slightly forward on LF (9:00)

7 & 8 & (7) Rock forward on RF. (&) Recover on LF. (8) Step back on RF. (&) Close LF next to RF.

Optional for counts 1 – 2: (1) Walk forward on RF. (2) Walk forward on LF and sweep RF from back to front.

Restart

This is a beautiful piece of music, so make sure to enjoy it while dancing!

Most importantly, have fun!