

Light You Up

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Adam Åstmar (SWE) - April 2017

Musik: Run - Leona Lewis



Intro: 8 Counts

Sect – 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.)

Sect – 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.)

Sect – 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.

Sect – 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!

Contact: adam.astmar@gmail.com

