

YOU LIGHT UP MY LIFE

CHOREO: the RYDERs 5357 Black Oak Dr, Fairfax VA 22032; (703) 323-1238

e-MAIL: kfryder@cox.net

RECORD: Amazon MP3 Download LeAnn Rimes "Greatest Hits" Track 11 "You Light Up My Life" **SPEED:** slow 10% from MP3 **TIME:**4:02

FOOTWORK: Opposite, directions to man except as noted (W's in parentheses)

RHYTHM: Bolero Phase III +2 [Trng Basic; Aida] **DIFFICULTY:** Ave

TIMING: {S,Q,Q} Unless noted otherwise **RELEASED:** May 2013 Rev 1

SEQUENCE: INTRO, A, B, A, B (Mod), B (Mod), END

INTRO

1-2 WAIT; SWAY L & R;

1 {Lo Bfly & WALL, lead ft free, wait one measure} Wait;

[S,S] 2 {Sway L&R} Hnds jnd low & betwn ptrs rk sd L,-, rk sd R, -, [as wt chgs roll hips to wtd ft];

PART A

1-4 FNC LN (w arms) x2;; HIP LIFT; LUN BRK;;

1-2 {Fnc ln w arms} Sd L,-, lun thru R with ld hnds jnd sweep trail hnds out, up & dwn betwn ptrs, rec L; Sd R,-, lun thru L, with op hnds jnd sweep ld hnds out, up & dwn betwn ptrs, rec R;

3-4 {hip lift} Sd L to cp,-, tch R to L w slight pressure on R ft lift R hip, lower R hip no wgt chg; {lun brk} Sd & fwd R,-, lower on R extend L to sd & bk, rise on R bringing W fwd (W sd & bk L,-, bk R contra ck sit line action, rec fwd L);

5-8 ½ BASIC;FWD BRK; TRNG BASIC [M fc COH];;

5-6 {½ basic} Sd L, -, bk R, fwd L; {fwd brk} Sd & fwd R extend M's R & W's L arms out to sd,-, fwd L, rec R;

7-8 {trng basic} Sd L slight RF trn,-, trn LF slip pvt action bk R, sd & fwd L trn LF to fc COH (W Sd R,-, fwd L trn LF ¼ w slip pvt action, sd & bk R trn LF ¼); Sd R, -, slight LF body trn fwd L w contra ck action, rec R (W sd L,-, bk R w contra ck like action, fwd L);

9-12 SHOULDER -SHOULDER; NYR; BASIC;;

9 {shldr-shldr} Sd L,-, fwd R & across in frnt of W to BJO(W bk L & across behind R), rec L;

10 {nyr} Sd R, -,fwd L w slipping action lowering & comm trn to sd by sd pos, rec R to fc ptrs;

11-12 {basic} Sd L, -, bk R, fwd L; Sd R, -, fwd L, bk R;

13-16 TRNG BASIC [M fc WALL]; UNDRM TRN; REV UNDRM TRN [wrp W to fc LOD];

13-14 repeat meas 7-8 to fc WALL;;

15 {Undrm trn} Sd L, -, XRIB L, fwd L (W sd R comm. RF trn undr jnd ld hnds,-, XLIF R cont trn RF ½, fwd R fin RF trn to fc ptr);

16 {rev undrm trn} Sd R raise jnd ld hnds, -, XLIF R, rec R lower ld hnd to wrp W (W sd L comm LF trn,-, XRIF L trng LF undr jnd ld hnds, fwd L fin LF trn to fc LOD in wrp pos);

PART B

1-4 BL WLK 6 [in wrp pos to fc ptr];; SHLDR-SHLDR; SPT TRN (W trans to shdw);

1-2 {Bl wlks} Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R trn RF to fc ptr [end BFLY& WALLw lo hnd hold];

3 repeat meas 9, Part A;

4 {spt trn} Sd R,-, comm RF trn XLIF R, sm fwd R cont RF trn to fc WALL (W sd L,-, comm. LF trn to WALL XRIF L, tch L fin LF trn end shdw WALL);

5-8 CRB WKS 2X [to LOD in shdw];; SHDW FNC LN; CRB WK [to RLOD in shdw];

5-6 {crb wks} Fwd & sd L, -, XRIF L, fwd & sd L; XRIF L, -, fwd & sd L, XRIF L (in shdw W fwd & sd L, -, XRIF L, fwd & sd L; XRIF L, -, fwd & sd L, XRIF L);

7 {shdw fnc ln} Sd L,-, lun thru R, rec L (W sd L,-, lun thru R, rec L);

8 {crb wk} [to RLOD in shdw] Sd R,-, XLIF R, sd R (W Sd R,-, XLIF R, sd R);

9-12 CRB WK [to RLOD in shdw]; SHDW FNC LN; SPT TRN [to fc]; SWAY R&L;

9 {crb wk} [to RLOD in shdw] XLIF R,- sd R, XLIF R (W XLIF R,-, sd R, XLIF R);

10 {shdw fnc ln} Sd R,-, lun thru L, rec R (W sd R,-, lun thru L, rec R);

11 {spt trn} Sd L,-, comm LF trn XRIF L, fwd L fin LF trn to fc ptr & WALL(W Sd L,-, comm LF trn XRIF L, fin LF trn to fc ptr & COH tch L);

{S,S} 12 {SwayR&L } Hnds jnd low & betwn ptrs rk sd R,-, rk sd L, -, [as wt chgs roll hips to wtd ft];

13-14 [to RLOD] PREP AIDA; AIDA LN & REC;

13 {prep aida} Sd R op out slightly, -, thru L comm LF trn (W trn RF) jn trail hnds, sd R cont LF trn to OP/LOD;

{S,S} 14 {aida ln & rec} Bk L to "V" bk to bk pos,-, rec R trn to fc ptr,-;

REPEAT A

PART B (mod)

1-11 REPEAT B meas 1-11

12-14 OPN BRK; UNDRM TRN; REV UNDRM TRN [wrp W to fc LOD];

12 {*opn brk*} Sd R,-, bk L, fwd R;

13 Repeat meas 15 Part A;

14 Repeat meas 16 Part A;

REPEAT B (mod)

END

1-4 BL WLK 6 (in wrp pos to fc ptr);; SHLDR-SHLDR x2;;

1-2 Repeat meas 1-2 Part B

3-4 {*shldr-shldr x2*} Sd L,-, fwd R & across in frnt of W to BJO(W bk L & across behind R), rec L; Sd R,-, fwd L & across in frnt of W to SCAR(W bk \R & across behind L), rec R;

5-8 BASIC;; SLO HIP LIFT L; SLO HIP LIFT R;

5-6 Repeat meas 11-12 Part A

7 {*hip lft L*} Sd L to CP-, tch R to L w slight pressure on R ft lift R hip, lower R hip no wgt chg,-;

8 {*hip lft R*} Sd R to cp,-, tch L to R w slight pressure on L ft lift L hip, lower L hip no wgt chg,-;

9-11 SWAY L & R; DIP w LEG CRAWL & HOLD;;

[S,S] 9 Repeat meas 2 Intro [to vocal "light" & "up"]

{S,S;x2}10-11{*dip w leg crawl*} Bk & sd L rising, then lowering as W gives leg crawl,

(W fwd & sd R, lifting L knee along M's R leg); [to vocal "my"] Hold position;

12-13 [to RLOD] PREP AIDA; AIDA LN & EXTEND ARMS;

12 Repeat meas 13 Part B [to vocal "life"]

{S,S} 13 {*aida ln & xtnd arms*} Bk L to "v" bk to bk pos,-, pt joined trail hnds to lod, slowly raise ld hnds and look at ptr