

You Light Up My Life Waltz

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CD: Love Is In The Air - Frank Chacksfield, iTunes or Amazon MP3 download - You Light Up My Life
Speed: Speed increased 15% = 3:16
Footwork: Opposite unless noted
Rhythm/Level: Waltz Phase III + 2 (Diamond Turns, In & Out Runs)
Dance Note: Music slows starting with measure eight (8) of ENDING.

Sequence: **INTRO A B A B B ENDING**

INTRO

{CP DLC} WAIT 2 MEAS ;; 2 LEFT TRNS ;; HVR ; MANUVR SD CLS ; 2 RT TRNS ;; {CP WALL}

1-8 CP DLC wait 2 meas;; [2 LEFT TRNS] Fwd L trng LF ¼ , cont LF trn sd R , cls L; Bk R trng LF ¼ , cont LF trn sd L , cont LF trn cls R end CP WALL ; [HVR] Fwd L , fwd & sd R rising on ball of ft , rec L to SCP;
[MANUVR] In SCP fwd R trng RF 1/2, sd L, cls R to CP RLOD (W Fwd L , fwd R, cls L to fc ptr) ;
[2 RT TRNS] CP RLOD Bk L trng RF cont RF trn sd R , cls L ; Cont RF trn fwd R , sd L , cls R to end in CP WALL ;

PART A

{CP WALL} HVR ; THRU CHASSE TWICE ;; MANUVR SD CLS ; SPIN TRN ; BK SD CLS TO SCAR ; {SCAR DLW}

1-16 [HVR] Fwd L , fwd & sd R rising on ball of ft , rec L to SCP; [THRU CHASSE 2X] Fwd & sd R , sd L /cls R , sd L ; Fwd & sd R , sd L /cls R , sd L ; [MANUVR] Repeat action of meas 6 of Intro ; [SPIN TRN] Bk L pvt ½ RF, fwd rise R , rec sd & bk L to CP LOD ; [BK SD CLS TO SCAR] Bk R , sd L , cls R blending to SCAR DLW ;

{SCAR DLW} 3 PROG TWINKLES ;; FWD CHASSE TO SEMI ; IN & OUT RUNS TWICE ;; {SCP LOD}

[3 PROG TWINKLES] Prog LOD XLIF (W XRIB) , sd R , cls L ; XRIF (W XLIB) , sd L , cls R; XLIF (W XRIB) , sd R , cls L ; [FWD CHASSE TO SEMI] In BJO Fwd & sd R , sd L /cls R , sd L (W Bk L comm RF trn 1/4 sd R / cls L , cont RF trn Fwd R) end in SCP LOD; [IN & OUT RUNS 2X] Fwd R comm RF trn arnd prt , sd & bk L , bk R to BJO RLOD (W fwd L , fwd R, fwd L) ; Bk L , trng RF sd R , cont RF trn sd & fwd L (W fwd R, comm RF trn sd & bk L, cont RF trn fwd R) to SCP LOD; Repeat action of meas 11 & 12 of PART A;;

{SCP LOD} FWD FWD LK FWD ; PKUP SD CLS ; {CP LOD}

[FWD FWD LK FWD] In SCP fwd R , fwd L / lk RIB , fwd L (W fwd L , fwd R / lk LIB , fwd R) ; [PKUP SD CLS] Fwd R picking W up to CP LOD, sd L, cls R;

PART B

{CP LOD} DIAMOND TRNS ;; 1 LEFT TRN ; BK TRN CHASSE TO SEMI ; FWD FWD LK FWD ; {SCP LOD}

1-14 [DIAMOND TRNS] Fwd L blend to BJO trng LF , sd R , bk L in CBMP ; In CBMP trn LF bk R , sd L , Fwd R in CBMP ; Fwd L cont LF trn , sd R , bk L in CBMP ; Bk R cont LF trn , sd L , fwd R to end in BJO DLC ; [1 LEFT TRN] Fwd L trng LF ¼ , cont LF trn sd R , cls L to end fcg DWR; [BK TRN CHASSE TO SEMI] Bk R trng LF, cont LF trn sd L /cls R, sd & fwd L (W Fwd L, trng twd ptr sd R /cls L, fwd R to SCP) to end in SCP LOD; [FWD FWD LK FWD] In SCP fwd R , fwd L / lk RIB , fwd L (W fwd L , fwd R / lk LIB , fwd R) to SCP LOD ;

MANUVR SD CLS ; 2 RT TRNS ;; WHISK ; MANUVR SD CLS ; OVRTRN SPIN TRN ; BK SD CLS ;

[MANUVR] Repeat action of meas 6 of Intro ; [2 RT TRNS] Repeat action of meas 7 & 8 INTRO [WHISK] Fwd L , fwd & sd R comm rise on ball of ft , XLIB to end in SCP ; [MANUVR] Repeat action of meas 6 of Intro ;

[OVRTRN SPIN TRN] Bk L pvt ¾ RF, fwd rise R cont trn , rec sd & bk L to CP WALL ; [BK SD CLS] Bk R , sd L , cls R ;

NOTE: Change meas 13 to SPIN TRN fcg LOD on the 2ND & 3RD time thru Part B.

[SPIN TRN] Bk L pvt ½ RF, fwd rise R ,rec sd & bk L to CP LOD ;

ENDING (music slows on meas 8)

{CP LOD} 2 LEFT TRNS ;; HVR ; MANUVR SD CLS ; IMPETUS ; THRU CHASSE TWICE ;;

1-14 [2 LEFT TRNS] Repeat action of meas 1 & 2 INTRO to fc CP WALL;; [HVR] Repeat action of meas 3 INTRO ; [MANUVR] Repeat action of meas 6 INTRO ; [IMPETUS] In CP comm upper body RF trn bk L , cls R heel trn cont RF trn , complete trn fwd L in SCP; [THRU CHASSE 2X] Repeat action of meas 2 & 3 PART A;;

CHK FWD LADY SWVL ; CHK BK LADY SWVL ; STP FWD & BOTH SWVL TO FC ; {CP WALL}

[CHK FWD LADY SWVL] In SCP LOD Fwd chk R ,-, (W fwd L , & swvl ½ LF, to BJO fcg RLOD);

[CHK BK LADY SWVL] In BJO LOD Bk chk L ,-, (W fwd R , & swvl ½ RF, to SCP fcg LOD);

[STP FWD & BOTH SWVL TO FC] In SCP LOD Fwd R , swvl RF toe of L ft ptd twd floor tch L, in CP fcg Ptr & WALL (W fwd L , swvl LF tch R, in CP fcg ptr) ;

SLO DIP CNTR ; SLO PVT 3 ; SLO TWL VN 3 PT & HOLD ;; {OP FCG WALL}

[SLO DIP CNTR] Dip bk L ,-, twd COH with R leg extended ; [SLO PVT 3] Rec R trng RF , with knees bent cont RF upper body trn fwd L on ball of ft , cont trng RF fwd R btwn W feet to end in CP WALL ;

[SLO TWL VN 3 PT & HOLD] Sd L, XRIB, sd L (W trng RF under lead hnds one full trn R , L , R to fc ptr); Pt R twd ptr , & hold ,-;