YOU LIGHT UP MY LIFE

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RECORD: Amazon MP3 Download LeAnn Rimes “Greatest Hits” Track 11 “You Light Up M 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;

{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 In 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 \(\frac{1}{2}\) w slip pvt action, sd & bk R trn LF \(\frac{1}{4}\)); 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 ptr,
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);

\section*{PART B}

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

1-2  \{Bl wks\}  Fwd L, -, fwd R, fwd L; fwd R, -, fwd L, fwd R trn RF to fc ptr [end BFLY & WALL w 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, -;
\textbf{REPEAT A}

\textbf{PART B (mod)}

1-11 \textbf{REPEAT B meas 1-11}

12-14 \textbf{OPN BRK; UNDRM TRN; REV UNDRM TRN [wrp W to fc LOD]:}

12 \{\textit{opn brk}\} Sd R,\textendash, bk L, fwd R;

13 Repeat meas 15 Part A;

14 Repeat meas 16 Part A;

\textbf{REPEAT B (mod)}

\textbf{END}

1-4 \textbf{BL. WLK 6 (in wrp pos to fc ptr); SHLDR-SHLDR x2;}

1-2 Repeat meas 1-2 Part B

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

5-8 \textbf{BASIC;; SLO HIP LIFT L; SLO HIP LIFT R;}

5-6 Repeat meas 11-12 Part A

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

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

9-11 \textbf{SWAY L & R; DIP w LEG CRAWL & HOLD;;}

\{S,S\} 9 Repeat meas 2 Intro [to vocal \textit{“light”} & \textit{“up”}]

\{S,S;x2\}10-11\{\textit{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 \textit{“my”}] Hold position;

12-13 \textbf{[to RLOD] PREP AIDA; AIDA LN & EXTEND ARMS;}

12 Repeat meas 13 Part B [to vocal \textit{“life”}]

\{S,S\} 13 \{\textit{aida ln & xtnd arms}\} Bk L to \textit{“v”} bk to bk pos,\textendash, pt joined trail hnds to lod, slowly raise ld hnds and look at ptr