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| Light You Up |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Adam Åstmar (SWE) - April 2017 | | | | |
| **Music:** | Run - Leona Lewis | | | | |
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**Intro: 8 Counts**

**Sect – 1: Rock. Recover. 1 / 2. 1 / 2 With Sweep. Wine Right. Hip Sways.**

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

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| 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) |

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

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| 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.**

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| 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) |

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

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

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| 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. |

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| 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.**

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

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

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

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| 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.**

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| 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) |

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| 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) |

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| 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) |

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| 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!**

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