

# Light Up

Compte: 32

Mur: 2

Niveau: Intermediate



Chorégraphe: Michael Lynn (UK) - May 2009

Musique: Run (Radio Edit) - Leona Lewis : (Album: Spirit - 4:39)

(8 count intro, 96bpm)

## **BASIC NIGHTCLUBS x2, STEP-PIVOT ½ TURN, STEP, SAILOR FULL TURN RIGHT**

- 1-2& Large step right to right side, cross rock left behind right, recover right,
- 3-4& Large step left to left side, cross rock right behind left, recover left,
- 5-6& Step forward right, step forward left, pivot 1/2 turn right,
- 7 Step forward left ¼ right and sweep right behind left,
- 8&1 Continue sweeping ¼ right behind left, step left ¼ right, step forward ¼ right.

**EASIER ALT: 7,8&1 can be replaced with 3 prissy walks – left (7), right (8), left (1).**

## **STEP, SAILOR FULL TURN RIGHT, LEFT MAMBO STEP, RIGHT COASTER CROSS**

- 2 Spring onto the left ¼ right and sweep right behind left,
- 3&4 Continue sweeping ¼ right behind left, step left ¼ right, step forward ¼ right,
- 5&6 Rock forward left, recover right, step left beside right,
- 7&8 Step right back, step left beside right, cross right over left.

**EASIER ALT: 2,3,4 can be replaced with 3 prissy walks – right (2), left (3), right (4).**

## **LEFT ROCK 'N' CROSS, ½ PIVOT TURN LEFT CROSS, BASIC NIGHTCLUB, SWAYS x2**

- 1&2 Rock left to left side, recover right, cross left over right,
- 3&4 Step right ¼ left, step left ¼ left, cross right over left,
- 5-6& Large step left to left side, cross rock right behind left, recover left,
- 7-8 Step right to right side swaying right, left.

## **STEP-CROSS, SWAYS x2, ¼ SAILOR TURN RIGHT, STEP-PIVOT ½ TURN, ¼ TURN, ½ SAIL TURN RIGHT**

- &1 Step onto right, cross left over right,
- 2-3 Sway right, sway left,
- 4&5 Step right behind left, make 1/4 turn right stepping left to left side, step right forward,
- 6&7 Step left forward, pivot ½ turn right, pivot on right ¼ turn right stepping left to left side,
- &8& Sweeping right behind left a ¼ right, step left ¼ right in place (leaving right free to start again).

**EASIER ALT: 6&7 can be replaced with a left mambo forward;**

**rocking forward left, recover right, step left beside right.**

**8& can be replaced with a ¼ sailor turn right;**

**stepping right behind left, make a ¼ turn right stepping left to left side.**

**NOTE: A sail step is a sailor step without the "or". (Normally made of 1 full, 1 &, 1 full count.**

**You just dance the first full count and the & count.**

## **CHOREOGRAPHER'S NOTE's**

**Dedication: This dance is dedicated to James Harrington & Robbie McCue... 2 special friends of mine.**

**If using the album version; start after 16 count intro. No tags/restarts, but it takes longer for the beat to come in.**

**The dance also fits to the original version of the "Run (4:29)" by Snow Patrol, again no tags/restarts.**