

Light Up

Choreograph: Michael Lynn

Count: 32 Wall: 4, Intermediate

Musikrichtung:

Music/Interpret:

Run von Leana Lewis

Flying Heels



(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.