

# You Light Up My Life

**Choreo:** Desmond & Ruth Cunningham email: des.ruth.Cunningham@usa.net

[www.diamondrounds.com](http://www.diamondrounds.com)

[05/01 to 10/15] 4319 Jacques-Bizard Blvd, Montreal, QC, Canada H9H 4W2 (514) 696-5872

[11/ 01 to 04/ 15] 122 Vine St, Plant City, FL USA 33563 (813) 659-9449

**Music:** CD or Record STAR # 224 flip: "It Had To Be You" Available from Palomino Records Inc.

**Rhythm:** Waltz **RAL Phase:** IV+2 [right trng lock, dbl rev spin]

**Speed:** slow for comfort

**Footwork:** Opposite, except where noted for woman in parentheses  
left margin

**Timing:** 1,2,3 or as noted in

**Sequence:** INTRO, A B, A B, B(1-13), A(mod), ENDING

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## INTRODUCTION

### 1-4 WAIT ;; STEP TOG, TCH to LOOSE CP ; SD DRAW TCH ;

- 1-2 In LOP fcg WALL ld ft free, wait 2 meas ;;  
3 {**tog tch**} fwd L (W fwd R), tch R (L), assume loose CP/WALL;  
4 {**sd drw tch**} w/right sd stretch (W left sd stretch) sd R, drw L, straighten & tch L to R;  
loose CP

## PART A

### 1-4 TWISTY BALANCE L & R ;; ROLL 3 ; SLOW SD LOCK ;

- 1-2 {**twisty bal l & r**} sd L, XRIB (W XLIF), rec L; sd R, XLIB (W XRIF) , rec R;  
3 {**roll 3**} roll LF (W RF) 1full trn down LOD fwd L, R, L; to SCP/LOD  
**4** {**slo sd lk**} Thru R , let W fold in frt fwd & sd L to CP, XR in bk of L trng slightly LF;  
CP/DLC  
(W thru L comm. LF trn, cont trng bk & sd R to CP, XLIF of R; )

### 5-8 DBL REV SPIN to LW ; HOVER SCP ; WEAWE 6 ;;

- 5 {**dbl rev spin**} fwd L comm. LF trn, cont trn sd R, spin LF on R & tch L to R; to  
CP/DLW  
(1,2&,3) (W bk R trng LF, cl L to R heel trn/sd & bk R cont LF trn, XLIF of R;)  
6 {**hover**} Fwd L, fwd & sd R rising & hovering to SCP, fwd L; SCP/DLC  
7 {**weave**} Fwd R, comm. LF trn fwd L to CP, cont trn sd & bk R to DLC;  
8 bk L to CBMP, trng LF bk R to CP/DLW, sd & fwd L; to CBMP/DLW

### 9-12 CLOSED WING ; CROSS SWIVEL; BK, BK/LK, BK ; OP IMPETUS ;

- 9 {**cl wing**} Fwd R, sd L w/LF upper body trn, XRIB; (W bk L, sd R across ptr, fwd L;)  
SCAR/DLC  
10 {**x swivel**} fwd L, swivel LF on L & pt R sd & bk to LOD, chk fwd R to RLOD;  
CBMP/RLOD  
(W bk R, swivel LF on R & pt L to LOD, chk bk L to RLOD;)  
1,2&,3 11 {**bk, bk/lk,bk**} bk L, bk R/lk L in frnt, bk R; CBMP/RLOD

- 12 {op impetus} comm. RF upper body trn bk L, bring R to L [heel trn] to SCP, sd & fwd L;  
 (W comm. RF trn fwd R pivoting RF, cont trn sd & fwd L, sd & fwd R;) SCP/LOD
- 13-16** **THRU SCP CHASSE; CHAIR & SLIP; OP REV TRN; BK SD CLOSE to BFLY;**
- 1,2&3 13 {thru scp chasse} thru R, sd L/cl R, sd L; SCP/LOD
- 14 {chair & slip} chk fwd R w/lunge action, rec L w/no rise, slip R beh L w/slight LF trn; CP/DLC  
 (W chk fwd L, rec R w/no rise, swivel LF on R & fwd L to CP;)
- 15 {op rev trn} fwd L comm. LF trn, cont trn sd R, bk L to CBMP; fcg RLOD
- 16 {bk sd cl} bk R comm. trng LF, cont trn sd L to fc WALL, cl R; BFLY/WALL

## PART B

- 1-3** **WALTZ AWAY ; SPIN MANUV TO BOLERO ; WHEEL TO LOD ;**
- 1 {waltz away} release ld hnds & trng away from ptr fwd L, sd & fwd R to bk to bk “v”  
 pos, cl L;
- 2 {spin/manuv to bol} comm. RF trn fwd R, cont trn sd L, cl R fc RLOD to BOLERO  
 pos;  
 (W trng LF fwd L, spot spin R, L to fc ptr & assume BOLERO pos;)
- 3 {wheel 3} trng ½ RF fwd L, R, L; BOLERO pos fc LOD
- 4-7** **MANUV ; OVER SPIN TRN to RIGHT TRNG LK ;; SLOW WHIPLASH;**
- 4 {manuv} fwd R comm. RF trn, cont trn w/lt sd stretch sd L, cl R; CP/RLOD
- 5 {spin trn} comm. RF upper body trn bk L toeing in pivoting ½ RF, cont trn fwd R betw ptr’s ft  
 pivoting ½ RF, rec sd & bk L; (W comm. RF upper body trn fwd R betw ptr’s ft pivoting ½ RF, cont trn bk L toe, sd & fwd R;) CP/RLOD

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## PART B [cont’d]

- 1&2,3 6 {r trng lk} bk R/lk LIF, trng RF on L fwd R betw ptr’s ft twd LOD pivotg to scp, fwd L;  
 SCP/LOD  
 (W fwd L/lk RIB, trng RF on R sd & fwd L in frt of ptr pivoting to SCP, fwd R;)
- 7 {whiplash} thru R, trng RF (W LF) start drawing L toe in an arc to pt to LOD, cont trng;  
 to CBMP/DLW
- 8-11** **BK HOVER SCP ; IN & OUT RUNS ;; NATL HOVER FALLAWAY ;**
- 8 {bk hover scp} bk L, bk R rise & hover to SCP, fwd L; SCP/DLW
- 9 {in & out runs}Fwd R comm. RF trn, sd & bk L to CP/RLOD, bk R w/rt sd lead to CBMP;  
 fc DRC  
 (fwd L, fwd R betw M’s ft, fwd L in CBMP;)
- 10 Bk L trng RF, cont trn sd & fwd R betw W’s ft, fwd L; SCP/DLW

(comm. RF trn fwd R, cont trn fwd & sd L arnd ptr, fwd R);  
11 {natl hover fallaway} fwd R comm. RF trn, cont trn fwd L rising w/lt sd stretch, rec bk  
R;

SCP/DRW  
12-14 **SLIP PIVOT ; FWD, FWD/LK, FWD; FWD SD DRAW CLOSE ;**  
12 {slip pivot} bk L, bk R trng LF keeping L leg extd, fwd L; CBMP/DLW  
(W bk R start LF pivot on ball of R, cont trn fwd L in CP, bk R in CBMP;  
1,2&3 13 {fwd, fwd/lk, fwd} fwd R, fwd L/lk RIB, fwd L; CBMP/DLW  
14 {fwd sd drw cl} fwd R, trng to fc WALL sd L, drw R to L & cl R; loose CP/WALL  
NOTE: the 2<sup>nd</sup> time thru PART B, change meas 14 to end in BFLY/WALL

**REPEAT PARTS A, B**

**PART B(1-13)**

1-13 **WALTZ AWAY; SPIN MANUV TO BOLERO; WHEEL TO LOD;**  
**MANUV; OVER SPIN TRN to RIGHT TRNG LK;; SLOW WHIPLASH;**  
**BK HOVER SCP; IN & OUT RUNS;; NATL HOVER FALLAWAY;**  
**SLIP PIVOT; FWD FWD/LK FWD;**

**PART A(mod)**

1-4 **CLOSED WING ; CROSS SWIVEL; BK, BK/LK, BK ; IMPETUS SCP;**  
1-4 repeat meas 9-12, PART A;;;;  
5-8 **WEAVE 6 TO SCP;; FWD PU CLOSE to LW; CHG OF DIR;**  
5 {weave to scp} Fwd R, comm. LF trn fwd L to CP/LOD, sd & fwd R; BJO/DLC  
6 sd & bk L comm LF trn, cont trn bk R in SCP/DLW, fwd L; SCP/DLW  
7 {fwd pu cl} fwd R, fwd L folding ptrn to CP, cl R; (W fwd L, trng LF sd & bk R, cl L;)  
CP/DLW  
8 {chg of dir} stay in CP fwd L comm. LF trn, cont trn sd & fwd R, drw L to R; CP/DLC

**END**

1-4 **DBL REV SPIN ; TO TELEMARK SCP ; THRU to PROM SWAY & SLOW**  
**CHG SWAY;;**  
1 {dbl rev} repeat meas 5, PART A; but end DLC  
2 {op telemark } Fwd L comm LF trn, cont trn sd R, sd & fwd L; SCP/DLW  
(W bk R comm. LF trn bring L besd R no wgt, cont trn on R heel rise & chg wgt to L, sd  
& fwd R;)  
3 {prom sway} thru R, sd & fwd L look over jnd ld hnds w/rt sd stretch, start relaxing L  
knee leaving R leg extd bk; (W thru L, sd & fwd R w/left sd stretch, start relaxing R  
knee;)  
4 {chg sway} cont to lower on L leg, start chg to left sd stretch, cont chg of stretch & look

over ptr's head; (W cont to relax R knee, start chg & to right sd stretch, cont chg of sway & look well left twd RLOD;)