You Light Up My Life

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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  Timing: 1,2,3 or as noted in left margin
Sequence: INTRO, A B, A B (1-13), A(mod), ENDING  Release: August 2006
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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, XРИB (W XLIF), rec L; sd R, X ЛиB (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 ; WEAVE 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, XРИB; (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 fmt, bk R; CBMP/RLOD
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;

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

PART B [cont’d]

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;

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 [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 \textbf{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\textsuperscript{nd} time thru PART B, change meas 14 to end in BFLY/WALL

REPEAT PARTS A, B

\textbf{PART B(1-13)}

1-13 \textbf{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;

\textbf{SLIP PIVOT; FWD FWD/LK FWD:}

\textbf{PART A(mod)}

1-4 \textbf{CLOSED WING ; CROSS SWIVEL; BK, BK/LK, BK ; IMPETUS SCP;}

1-4 repeat meas 9-12, PART A;:::

5-8 \textbf{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 ptnr 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 \textbf{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;)