Light Up My Heart

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Maggie Gallagher (UK) - March 2026

Music: The One - Michael Patrick Kelly

Intro: Start on the word “remember” (9 secs approx.)

S1: STEP, TOUCH, BACK, ¼ SIDE, CROSS, TOUCH, BACK, ¼ STEP

1-2	Step forward on right, Touch left toe behind right
3-4	Step back on left, ¼ right stepping right to right side [3:00]
5-6	Cross left over right, Touch right toe behind left
7-8	Step back on right, ¼ left stepping forward on left [12:00]

S2: R SHUFFLE, ROCK, RECOVER, ½ SHUFFLE, STEP, ¼ PIVOT

1&2	Step forward on right, Step left next to right, Step forward on right
3-4	Rock forward on left, Recover on right
5&6	¼ left stepping left to left side, Step right next to left, ¼ left stepping forward on left [6:00]
7-8	Step forward on right, Pivot ¼ left stepping left to left side [3:00]

S3: CROSS, POINT, CROSS, SWEEP, JAZZ BOX CROSS

1-2	Cross right over left, Point left to left side
3-4	Cross left over right, Ronde sweep right around from back to front
5-6-7-8	Cross right over left, Step back on left, Step right to right side, Cross left over right

S4: CHASSE R, ROCK BACK, RECOVER, CHASSE L, ROCK BACK, RECOVER

1&2	Step right to right side, Step left next to right, Step right to right side
3-4	Rock back on left behind right, Recover on right
5&6	Step left to left side, Step right next to left, Step left to left side
7-8	Rock back on right behind left, Recover on left [3:00]

TAG: At the end of Wall 2 facing [6:00], and Wall 6 facing [6:00], dance the 16 count tag.
At the end of Wall 4 facing [12:00], dance the first 8 counts of the tag.
SIDE, DRAG, ROCK BACK, RECOVER, SIDE, DRAG, ROCK BACK, RECOVER

1-2	Long step on right to right side, Drag left to meet right
3-4	Rock back on left behind right, Recover on right
5-6	Long step on left to left side, Drag right to meet left
7-8	Rock back on right behind left, Recover on left

R ROCKING CHAIR, STEP, ½ PIVOT, STEP, ½ PIVOT

1-2-3-4	Rock forward on right, Recover back on left, Rock back on right, Recover forward on left
5-6	Step forward on right, Pivot ½ left [12:00]
7-8	Step forward on right, Pivot ½ left [6:00]

ENDING: At the end of Wall 10, cross right over left and unwind ½ left to finish facing [12:00].