

Light Up, Light Up

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Count: 32

Wall: 2

Level: Intermediate NC

Choreographer: Noel Roos (SA) Feb 2015

Music: Run by Leona Lewis

SECTION 1: BASIC NC RIGHT WITH $\frac{1}{4}$ TURN L, 1 AND $\frac{1}{2}$ TURN ROLLING VINE, SWEEP, BEHIND SIDE CROSS, LUNGE

1-2&3 Step R To Side, Rock Back On L, Step R Over L, $\frac{1}{4}$ Turn Left Stepping Forward On L

4&5 $\frac{1}{2}$ Turn Left Stepping Back On R, $\frac{1}{2}$ Turn Left Stepping Forward On L, $\frac{1}{2}$ Turn Left Stepping Back On R And Sweeping L From Front To Back (3 O'clock)

6&7 Step L Behind R, Step R To Right Side, Step L Over R

8 Lunge R To Right Side

SECTION 2: $\frac{1}{4}$ TURN LEFT, WALK, WALK, ROCK, RECOVER, RONDE X3, ROCK, RECOVER

1-3 $\frac{1}{4}$ Turn Left Stepping On L, Walk Forward R, L (12 O'clock)

4& Rock Forward R, Recover

5-7 Step Back On R Sweep L, Step Back On Left Sweep R, Step Back On R Sweep L

8& Rock Back L, Recover

SECTION 3: DIAGONAL MODIFIED RUMBA BOX X2, STEP, ROCK, RECOVER, POINT BACK, $\frac{1}{2}$ TURN RIGHT

1-2& Step L Diagonally Forward Towards 10:30 And Body Facing 1:30, Step R Beside L, Step Forward On L

3-4& Step R Diagonally Forward Towards 1:30 And Body Facing 10:30, Step L Beside R, Step Forward On Right

5-6& Step Forward On L Facing 10:30, Rock Forward R, Recover

7-8 Point R Back, $\frac{1}{2}$ Right Taking Weight On R (6 O'clock)

SECTION 4: MONTEREY FULL TURN, CROSS, SWAY X 3, ROLLING VINE

1-4 Point L To Side, Step L Beside Right Making A Full Turn Left, Point R To Side, Cross R Over L

5-7 Step L To Side Swaying Left, Right, Left

8& $\frac{1}{4}$ Turn Right Stepping Forward On R, $\frac{3}{4}$ Turn Right Stepping L Beside R (6 O'clock)

ENJOY AND START AGAIN...

THIS DANCE IS DEDICATED TO JEAN SCHMIDT...

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=102998