

Light Up My Heart

32 count, 4 wall, improver level

Choreographer: Maggie Gallagher, March 2026

Choreographed to: "The One" by Michael Patrick Kelly

Intro: start on the word "remember" (9 secs approx..)

Section 1 R Step, Touch, Back, 1/4 R Side, L Cross, Touch, Back, 1/4 L Step

1 2 Step forward on right, Touch left toe behind right
3 4 Step back on left, 1/4 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, 1/4 left stepping forward on left (12:00)

Section 2 R Shuffle, Rock Step, 1/2 L Triple Turn, Step-1/4 L

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 1/4 left stepping left to left side, Step right next to left, 1/4 left stepping forward on left (6:00)
7 8 Step forward on right, Pivot 1/4 left stepping left to left side (3:00)

Section 3 R Cross, Point, Cross, Sweep, Jazz Box w. 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

Section 4 Chasse R, Back Rock, Chasse L, Back Rock

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

Tag 1+3 *At the end of wall 2 (6:00) and wall 6 (6:00) dance the 16 count tag*

Tag 2 *At the end of wall 4 (12:00), dance the first 8 counts of the tag*

R Side, Drag, Back Rock, L Side, Drag, Back Rock

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-1/2 Pivot, Step 1/2-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 1/2 left (12:00)*
7 8 *Step forward on right, Pivot 1/2 left (6:00)*

Ending *At the end of Wall 10, cross right over left and unwind 1/2 left to finish facing (12:00)*

Quelle:

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