



Dance: **Light Up My Heart**
 Type: 32 Count, 4 Wall, Improver
 Choreographer: Maggie Gallagher (UK), March 2026
 Choreographed to: The One by Michael Patrick Kelly (134 bpm, 2:58 min)

Intro: Start after count 16, on the word "Remember"

Section 1	Step Touch, Back, 1/4 Turn, Cross Touch, Back, 1/4 Turn	
1,2	Step right forward. Touch left behind right	Step, touch
3,4	Step left back. Turn 1/4 right stepping right to right side (3:00)	Back, turn
5,6	Cross left over right. Touch right behind left	Cross, touch
7,8	Step right back. Step left 1/4 turn left (12:00)	Back, turn
Section 2	Right Shuffle, Forward Rock, 1/2 Shuffle, Step Pivot 1/4	
1&2	Step right forward. Step left beside right. Step right forward	Right shuffle
3,4	Rock forward on left. Recover on right	Forward rock
5&6	Turn 1/4 left stepping left to left side. Step right beside left. Step left 1/4 turn left (6:00)	Half shuffle
7,8	Step right forward. Pivot 1/4 turn left (3:00)	Step, pivot
	<i>Non-turning steps 5-8: Back Shuffle, Back Rock 1/4 Turn</i>	
5&6	<i>Step left back. Step right beside left. Step left back</i>	<i>Back shuffle</i>
7,8	<i>Rock back on right. Turn 1/4 right recovering on left (3:00)</i>	<i>Rock, turn</i>
Section 3	Cross Point, Cross, Sweep, Jazz Box Cross	
1,2	Cross right over left. Point left to left side	Cross, point
3,4	Cross left over right. Sweep right forward	Cross, sweep
5-8	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross
Section 4	Chasse Right, Back Rock, Chasse Left, Back Rock	
1&2	Step right to right side. Step left beside right. Step right to right side	Right chasse
3,4	Rock back on left. Recover on right	Back rock
5&6	Step left to left side. Step right beside left. Step left to left side	Left chasse
7,8	Rock back on right. Recover on left	Back rock
Tag 1	End of Wall 4 (9:00 - add Tag facing 12:00) (Side, Drag, Back Rock) x 2	
1,2	Step right large step to right side. Drag left towards right	Side, drag
3,4	Rock back on left. Recover on right	Back rock
5,6	Step left large step to left side. Drage right towards left	Side, drag
7,8	Rock back on right. Recover on left	Back rock
Tag 2	End of Walls 2 & 6 (3:00 - add Tag facing 6:00) (Side, Drag, Back Rock) x 2	
1,2	Step right large step to right side. Drag left towards right	Side, drag
3,4	Rock back on left. Recover on right	Back rock
5,6	Step left large step to left side. Drage right towards left	Side, drag
7,8	Rock back on right. Recover on left	Back rock
	Rocking Chair, Step Pivot 1/2 x 2	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5,6	Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot
7,8	Step right forward. Pivot 1/2 turn left (6:00)	Step, pivot
	<i>Non-turning steps 5-8: Rocking Chair</i>	
5-8	<i>Rock forward on right. Recover on left. Rock back on right. Recover on left</i>	<i>Rocking chair</i>
Ending	End of Wall 10 (3:00 - facing 6:00) Cross Unwind 1/2	
1,2	Cross right over left. Unwind 1/2 turn left (12:00)	Cross, unwind