Linedancer

www.linedancerweb.com
www.linedancefoundation.com
www.crystalbootawards.com

Light Up My Heart

32 Count 4 Wall Improver Level Dance.
Choreographed by: Maggie Gallagher (UK) Jan 2026
Choreographed to: The One by Michael Patrick Kelly
Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1   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)

SEC 2   SHUFFLE, ROCK, 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)

SEC 3   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   Cross right over left, step back on left
7-8   Step right to right side, cross left over right

SEC 4   CHASSE, ROCK BACK, CHASSE, ROCK BACK
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   At the end of Walls 2 and 6, and at the end of Wall 4 only dance 8 counts of the tag
         SIDE, DRAG, ROCK BACK, SIDE, DRAG, ROCK BACK
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

         ROCKING CHAIR, STEP, ½ PIVOT, STEP, ½ PIVOT
1-2   Rock forward on right, recover back on left
3-4   Rock back on right, recover forward on left
5-6   Step forward on right, pivot ½ left
7-8   Step forward on right, pivot ½ left

Ending   At the end of Wall 10, cross right over left and unwind ½ left

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