COUNTRY CLUB DANCERS

Light Up My Heart

Dance taught by Karen Blazer for the Country Club Dancers 06-15-2026

Choreographed by: Maggie Gallagher (UK), March 2026, www.maggieg.co.uk
Description: 32 count 4 wall Improver line dance
Music: ***The One*** by Michael Patrick Kelly, 132 bpm, Album: ***Traces***, October 2025
Intro: 16 counts, Start on the word "Remember"

1 – 8 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 turn 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 turn left stepping forward on left *(12:00)*

9 – 16 Right 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 turn left stepping left to left side, Step right next to left, ¼ turn left stepping forward on left *(6:00)*
7-8 Step forward on right, Pivot ¼ left stepping left to left side *(3:00)*

17 – 24 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

25 – 32 Chassé right, Rock back, Recover, Chassé left, 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)*

(over)

Tag: At the end of Wall 2 facing 6:00 and Wall 6 facing 6:00, dance this 16 count tag;
At the end of Wall 4 facing 12:00 dance the first 8 counts of this tag:

1 – 8 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

9 – 16 Right 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

This dance is dedicated to my very good friend, Andrea Scharl from Austria, who suggested this music.

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