

You Raise Me Up Waltz (Beg)

COPPER KNOB
BYEPOSTETS

拍数: 48 墙数: 1 级数: Beginner waltz
编舞者: Karen Tripp (CAN) - December 2014
音乐: You Raise Me Up - Susann Taylor : (Album: Ballroom Perfection - Casa Musica
online)



Ending: □ Dance ends after 48 counts facing 12:00

Wait 4 measures (12 counts), left lead

LEFT FORWARD, LOW RIGHT KICK (WITH BODY RISE), RT BACK COASTER (12:00)

1-2-3 Step left forward, do a low slow kick forward with right over 2 counts

(rising slightly and raising heel of left)

4-5-6 Step back right, step left together, step forward right

¼ LEFT TURN WALTZ, RIGHT BACK, LEFT POINT, HOLD (9:00)

7-8-9 Turn ¼ left and step forward left, step right next to left, step left slightly back

10-11-12 Step back right, point left toe to side, hold

(angle body slightly right)

2 TWINKLES (9:00)

13-14-15 Cross left over right, step right together, step left in place

(angle body slightly left)

16-17-18 Cross right over left, step left together, step right in place

WALTZ BOX (9:00)

19-20-21 Step forward left, step side right, close left to right

22-23-24 Step back right, step side left, close right to left

BALANCE LEFT, FULL TURN ROLL (OR VINE 3) (9:00)

25-26-27 Big step side left, rock right slightly behind, recover on left

28-29-30 Turn ¼ right and step right, turn right ½ and step back on left, turn ¼ right and step side right

(easier option: Step side right, cross left behind, step side right)

CROSS LUNGE, RECOVER, SIDE (TWICE) (9:00)

31-32-33 Cross left over right and bend both knees slightly with a checking action, recover onto right, step side on left

34-35-36 Cross right over left and bend both knees slightly with a checking action, recover onto left, step side on right

LEFT ¾ DIAMOND TURN FALLAWAY (12:00)

37-38-39 Cross left over right turning to 7:30 corner, step right side, step left back

40-41-42 Step right back, step left forward turning to 4:30, step right forward

43-44-45 Cross left over right turning to 1:30, step right side, step left back

46-47-48 Step back on right, step side left squaring up to 12:00, step forward right

End: Step left in front of right and slightly bend both knees, as you bring arms out to sides.