

Raise Me Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner / Improver
编舞者: Nancy Hewko (USA) & Kathy Parker (USA) - November 2014
音乐: You Raise Me Up - Josh Groban



Faster song: I'm Not The Only One by Sam Smith (No Tags Or Ending)

Start On Vocals 8 Counts After Piano Starts

S1: Nightclub Basic Right, Nightclub Basic Left, Step Forward Right, Run, Full and 1/4 Turn Right

1,2& Big step right side, close left bringing trailing foot instep to heel of supporting leg taking weight, Then cross in front
3,4& Big step left side, close right bringing trailing foot instep to heel of supporting leg taking weight, Then cross in front
5,6&7 Step right forward, Run left, right, left (prep)
8&1 Full and ¼ turn right (3:00)

S2: Cross Rock, Step, Cross Rock, Step, Weave, Side Rock, Forward

2&3 Cross Rock L over R, Recover to R, Step L to L Side
4&5 Cross Rock R over L, Recover to L, Step R to R Side
6&7 Cross L over R, R to R side, L behind R
8&1 Rock R to R Side, Recover to L, Step R Forward (9:00) (prep)

S3: 1/2 Turn Right, Step Back Left, Right, Left, Side Rock, Forward, 1/2 Turn Right, Step Back Left, Right, Left, 1/4 Turn Right Sailor

2&3 Make ½ Turn R, While Stepping Back L, R, L
4&5 Rock R to R Side, Recover to L, Step R Forward (3:00) (prep)
6&7 Make ½ Turn R, While Stepping Back L, R, L
8&1 Cross R behind L, make ¼ turn R, Step L next to R, Step R to R Side(6:00)

S4: Forward Mambo, Sailor, Weave, Rolling Vine

2&3 Rock Forward L, Recover Back on R, Step L next to R
4&5 Sweep R Behind, L Side, R Down
6&7 Cross L over R, R to R Side, L behind R
8& Step R making ¼ turn R, ¼ turn on the ball of R foot stepping L to L side, Pivot ½ turn on ball of L foot (While starting your Nightclub basic to R)(6:00)

HAVE FUN

Tag at end of wall 4: Nightclub Basic Right and Left

Tag at end of wall 5: Nightclub Basic Right and Left

Ending at wall 6: Do the first 7 counts, Turn, ½, 1/2, 1/2, Chase ½ turn, walk R, L, R, L (Raise both arms up)

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