

You Raise Me Up

COPPER KNOB
BYEPOSTETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Edwin P Napitu (NL) - July 2017
音乐: You Raise Me Up - Westlife : (Album: Face To Face)



Intro: 8 count - # Start the dance when he sing: when i am 'DOWN...'

S1 : NIGHT CLUB BASIC R, ¼ TURN L/STEP(R SWEEP), R CROSS(L SWEEP),L JAZZ BOX(CROSS), NIGHT CLUB BASIC L

1 – 2& Step RF long to right side, drag LF next to RF, cross RF over LF (&)
3 – 4 ¼ turn left/step LF fwd(RF sweep), cross RF over LF(LF sweep)□....(09:00)
5&6& Cross LF over RF, step RF to right side(&), step LF to left side, cross RF over LF(&)
7 – 8& Step LF long to left side, drag RF next to LF, cross LF over RF(&)

S2 : ½ TURN L/STEP, WALKS(R,L), R ROCK FWD, BACK TOGETHER, ¼ TURN L/L ROCK, SIDE TOGETHER, R JAZZ BOX(CROSS)

1&2& ¼ turn left/step RF back, ¼ turn left/step LF forward(&), walks R,L(&).....(03:00)
3 – 4& Rock RF fwd, step LF back, step RF next to LF(&)
5 – 6& ¼ turn left/rock LF to left side, step RF to right side, step LF next to RF(&) ...(12:00)
7&8& Cross RF over LF, step LF to left side(&), step RF to right side, cross LF over RF(&)

S3 : R LONG SIDE(DRAG), ¼ TURN L/SIDE, STEP,L ROCKING CHAIR, L CROSS(SWEEP), R CROSS, L SIDE, R BEHIND(SWEEP), L BEHIND, R SIDE

1 – 2& Step RF long to right side (LF drag), ¼ turn left/step LF to left side, step RF forward...(09:00)
3&4& Rock LF fwd, recover on RF(&), rock LF back, recover on RF(&)
5 – 6& Cross LF over RF(RF sweep), cross RF over LF, step LF to left side(&)
7 – 8& Cross RF behind LF(LF sweep), cross LF behind RF, step RF to left side(&)

S4 : CROSS ROCK, ¾ TURN L, BEHIND(SWEEP), BEHIND, SIDE, CROSS, ¼ TURN R, ¼ TURN R/ROCK, ¼ TURN L/STEP, PIVOT ½ TURN L, PIVOT ¼ TURN L

1&2& Cross LF over RF, recover on RF(&), ¼ turn left/step LF to left side, ½ turn left/step RF to right side(&)(12:00)
3 – 4& Cross LF behind RF(RF sweep behind LF), cross RF behind LF, step LF to left side(&)
5&6& Cross RF over LF, ¼ turn right/step LF back, ¼ turn right/rock RF to right side, ¼ turn left/step LF forward(&) ...(03:00)
7& Step RF forward, pivot ¼ turn left(&) ...(12:00)
8& Step RF forward, pivot ½ turn left(06:00)

Start Again & Have Fun!!!!!!!

Tags : After Walls 4 & 6 (12:00)

Tag : NIGHT CLUB BASIC R, NIGHT CLUB BASIC L

1 – 2& Step RF long to right side, drag LF next to RF, cross RF over LF
3 – 4& Step LF long to left side, drag RF next to LF, cross LF over RF

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