

Raise Me Up NC

COPPERKNOB
BY STEPHANIE

拍数: 16 墙数: 4 级数: Beginner
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音乐: You Raise Me Up - Westlife



NO TAG, NO RESTART

Section 1 : Basic NC R-L, turn 1/4 R forward, sweep, side, behind, sweep, side

1-2& long step R to side - close L slightly behind R - cross R over L
3-4& long step L to side - close R slightly behind L - cross L over R
5-6& 1/4 turn R forward (03.00) and sweep L back to front - cross L over R - step R to side
7-8& step L behind R and sweep R front to back - cross R over L - step L to side

Section 2 : cross rock R-L, sway, pivot 1/2 L, walk R-L

1-2& cross rock R over L - recover on L - step R to side
3-4& cross rock L over R - recover on R - step L to side
5-6 sway to R - sway to L
7&8& rock R forward - pivot 1/2 L (09.00) - walk R forward - walk L forward

enjoy the dance ♥☐