

# You Raise Me Up

COPPER KNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Geri Morrison (UK)  
音乐: You Raise Me Up - Westlife



## SIDE, BACK ROCK, SIDE ROCK, CROSS ROCK, CHASSE RIGHT, CROSS, ½ TURN LEFT, CROSS

1-2&      Long step left to left side, rock back on right, recover weight on left  
3&      Rock right to right side, recover weight on left  
4&      Rock right across left, recover weight on left  
5&6      Step right to right side, close left beside right, step right to right side  
7&      Cross left over right, turn ¼ turn left stepping back on right  
8&      Turn ¼ turn left stepping left to left side, cross right over left (6:00)

## ROCK AND CROSS TWICE, ROCK ¼ TURN RIGHT, FULL TRIPLE TURN RIGHT, LEFT LOCKSTEP

1&2      Rock left to left side, recover weight on right, cross left over right  
3&4      Rock right to right side, recover weight on left, cross right over left  
5&      Rock left to left side, recover weight on right turning ¼ turn right  
6&      Turn ½ turn right stepping back on left, turn ½ turn right stepping forward on right  
7&8      Step forward on left, lock right behind left, step forward on left (9:00)

## CROSS BACK SIDE, SAILOR ¼ TURN LEFT, & STEP, CROSS SHUFFLE, ¼ UNWIND

1&2      Cross right over left, step back on left, step right to right side (9:00)  
3&      Sweep left behind right, step back on right making ¼ turn left  
4      Step left to left (6:00)  
&5      Bring right beside left, step left to left side  
6&7      Cross right over left, step left to left side, cross right over left  
8      Unwind ¼ turn left (weight on left) (3:00)

## REVERSE UNWIND ½ TURN SWEEP, BEHIND SIDE CROSS, ½ TRIPLE TURN CROSS, ROCK & CROSS, & STEP

1      Reverse unwind ½ turn right sweeping right behind left (weight on left)  
2&3      Cross right behind left, step left to left side, cross right over left  
4&5      Make ½ turn right stepping left, right, crossing left over right (3:00)  
6&7      Rock right to right side, recover weight on left, cross right over left  
8&      Recover weight back on left, step right beside left (3:00)

## REPEAT

## TAG

On the end of wall 4 (12:00), and where the music fades (wall 6, 6:00)

1-4      Sway left, right, left, right