

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