

You Raise Me Up

COPPER KNOB
BY STEPHEN BATES

拍数: 32 墙数: 4 级数: Intermediate nightclub
编舞者: Shin-ichiro Baba (JP)
音乐: You Raise Me Up - Celtic Woman



SIDE, ROCK, STEP, SIDE, BEHIND, SIDE, CROSS, SIDE, ROCK, STEP, STEP ¼ TURN, LOCK, STEP, ½ TURN

1-2& Big step right to side, cross/rock left behind right, recover to right
3&4& Step left to side, cross right behind left, step left to side, cross right over left
Option: replace counts 3&4& above with left chaine turns
5-6& Big step left to side, cross/rock right behind left, recover to left
7&8 Turn ¼ right and step right forward, lock left behind right, step right forward
& Turn ½ right and step left together (9:00)
Option: replace counts 7&8 above with 3 step turn right (step ¼ right, ½ turn, ½ turn)

SWEEP ¼ TURN, SAILOR STEP, DIAGONALLY SHUFFLE, CROSS, BACK 1/8 TURN, ¼ TURN, CROSS, BACK, SIDE BALL CHANGE

1 Turn ¼ right and sweep right front to back (12:00)
2&3 Cross right behind left, step left to side, step right diagonally forward
&4& Step left diagonally forward, step right together, step left forward (10:30)
Option: replace counts &4& above with 3 step turn to left diagonally forward
5&6 Cross right over left, turn 1/8 right and step left back, turn ¼ right and step right to side
7&8 Cross left over right, step right back, rock left to side
& Recover on right (3:00)
During 3rd wall, restart from here (3:00). Replace counts 8& above with step left long step to left side and drag right next to left

CROSS, SIDE, CROSS, SWEEP, CROSS, BACK, TOGETHER, FORWARD, LUNGE, RECOVER, COASTER STEP, STEP FORWARD

1&2 Cross left over right, step right to side, cross left over right
& Sweep right back to front
3&4& Cross right over left, step left back, step right together, step left forward
5-6 Lunge right forward, recover onto left
7&8& Step right back, step left together, step right forward, step left forward (3:00)

STEP, PIVOT ¼ TURN, CROSS, ¼ TURN, ¼ TURN, CROSS ROCK, RECOVER, SIDE, CROSS, POINT, CROSS, SIDE, BEHIND

1&2 Step right forward, turn ¼ left (weight to left), cross right over left
3& Turn ¼ right and step left back, turn ¼ right and step right to side
4-5 Cross/rock left over right, recover onto right
&6 Step left to side, cross right over left
7 Touch left to side
&8& Cross left over right, step right to side, cross left behind right (6:00)
Only end of 2nd wall, replace counts &8& above with cross left over right: count 8

REPEAT

TAG

Only 4th and 6th walls add the tag of 4 counts after count 7

1&2 Cross left over right, rock right to side, recover onto left
3&4 Cross right over left, rock left to side, recover onto right

ENDING

Music ends during wall 7. Dance to counts 16 (section 2: 7&8) just finish at facing front replacing count 8 above with

8 Big step left to side

In a layback if possible
