You Raise Me Up!

拍数: 32 **墙数:** 4 **级数:** Improver
编舞者: Katharina Handberg (DK)
音乐: You Raise Me Up - Westlife

Start on the word "Down" when they start singing "When I am down and" at the beginning of the song

NIGHTCLUB BASIC RIGHT, NIGHTCLUB BASIC LEFT, SIDE, TOGETHER, FORWARD, TURN ¼ LEFT FULL UNWIND

1	Step long step to right side
2&3	Close left behind right (in 3rd position), cross right over left, step left long step to left side
4&5	Close right behind left (in 3rd position), cross left over right, step right to right side
6&7	Step left next to right, step right forward, turn ¼ left stepping left forward
8&	Cross right over left, unwind full turn (weight ends on right)

SIDE, CROSS, SIDE, BEHIND, ROCK & TURN, FULL TRIPLE TURN, SWAY

1	Step left to left side
2&3	Cross right over left, step left to left side, cross right behind left
4&5	Rock forward on left making ¼ turn left, recover onto right, make ½ turn left stepping left forward
6&7	Triple full turn (moving forward) right, left, right
8	Sway left hip to left

SIDE, ROCK & TURN, LOCKSTEP, SIDE & CROSS, ½ TURN RIGHT

1	Step right to right side
2&3	Rock forward on left, recover on right, turn ¼ left stepping left forward
4&5	Step right forward, lock left behind right, step right forward
6&7	Rock left to left side, recover on right, cross left over right
8&	Step right forward making ¼ turn right, step left back making ¼ turn right

¼ TURN RIGHT, ROCK &TURN, STEP TURN STEP, MAMBO FORWARD, FULL UNWIND

1	Step right to right side making ¼ right
2&3	Rock forward on left, recover on right, turn ¼ left stepping left forward
4&5	Step forward on right, make ½ turn stepping left forward, step right forward
6&7	Rock forward on left, recover on right, step left next to right
8&	Cross right behind left, unwind full turn (weight ends on left)

REPEAT

TAG
SWAY, SWAY, SWAY, SWAY

1-2	Sway right hip to right side, sway left hip to left side
3-4	Sway right hip to right side, sway left hip to left side

ENDING
Instead of making a full unwind (count 8& in the last section) just make a ½ turn, to face the front wall