

You Raise Me Up

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Wandy Hidayat (INA) - April 2020
音樂: You Raise Me Up - Westlife



Intro: 8 count

I. Forward, Kick, Coaster, $\frac{1}{4}$ Turn, side, Cross, Recover, $\frac{1}{2}$ Turn, $\frac{1}{2}$ Turn

1-2& Step L forward and kick R, step R back, close L beside R
3-4& Step R forward, $\frac{1}{4}$ turn R stepping L to side, recover on R
5-6& Cross L over R, recover on R, $\frac{1}{4}$ turn L stepping L forward
7&8& Step R forward, $\frac{1}{2}$ turn L stepping L in place, $\frac{1}{2}$ turn L stepping R forward, step L in place

II. $\frac{1}{4}$ Turn, NC, Spiral, Walk, Walk, Lifting, Back, Back, $\frac{1}{4}$ Turn, Sway

1-2& $\frac{1}{4}$ Turn L stepping R to side, close L behind R, recover on R (9:00)
3-4& $\frac{3}{4}$ Turn R step L spiral, step R forward, step L forward (6:00)
5-6& Step R forward and lift L to back, step L back, step R back
7-8 $\frac{1}{4}$ Turn L stepping L to side, recover on R

III. $\frac{1}{4}$ Turn, Sweep, Together, Lunge, Rolling Vine, Behind, $\frac{1}{4}$ Turn, $\frac{1}{4}$ Turn, Side, Recover

1-2& $\frac{1}{4}$ Turn L stepping L forward and sweep R, cross R over L, close L beside R
3-4& Lunge R to side, $\frac{1}{4}$ turn L stepping L forward, $\frac{1}{2}$ turn L stepping R back
5-6& $\frac{1}{4}$ Turn L stepping L to side, cross R behind L, $\frac{1}{4}$ turn L stepping L forward
7-8 $\frac{1}{4}$ Turn L stepping R to side, recover on L (6:00)

IV. Cross, Recover, Cross, Kick, Cross Behind, $\frac{1}{4}$ Turn, Full Turn, Unwind

1-2& Cross R over L, recover on L, step R to side
3-4& Cross L over R and kick R, cross R behind L, $\frac{1}{4}$ turn R stepping L forward (3:00)
5-6& Step R forward, $\frac{1}{2}$ turn R stepping L back, $\frac{1}{2}$ turn R stepping R forward
7-8 Step L forward, cross R over L and full unwind

There is 1 tag after wall 4 facing 12:00

1-4 Raise your both hand and bring it down

Enjoy the dance.

Contact: hidayatwandi73@gmail.com