

You Raise Me Up!

COPPER **NOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Katharina Handberg (DK)
音樂: 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