You Raise Me Up



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Wandy Hidayat (INA) - April 2020

Music: You Raise Me Up - Westlife

Intro: 8 count

3-4&

5-6&



	I. Forward, Kick, Coaster, ¼ Turn, side, Cross, Recover, ½ Turn, ½ Turn		
	1-2&	Step L forward and kick R, step R back, close L beside R	
	3-4&	Step R forward, ¼ turn R stepping L to side, recover on R	
	5-6&	Cross L over R, recover on R, 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. ¼ Turn, NC, Spiral , Walk, Walk, Lifting, Back, Back, ¼ Turn, Sway			
	1-2&	1/4 Turn L stepping R to side, close L behind R, recover on R (9:00)	

Step R forward and lift L to back, step L back, step R back 1/4 Turn L stepping L to side, recover on R 7-8

III. 1/4 Turn, Sweep, Together, Lunge, Rolling Vine, Behind, 1/4 Turn, 1/4 Turn, Side, Recover	
1-2&	1/4 Turn L stepping L forward and sweep R, cross R over L, close L beside R
3-4&	Lunge R to side, ¼ turn L stepping L forward, ½ turn L stepping R back
5-6&	1/4 Turn L stepping L to side, cross R behind L, 1/4 turn L stepping L forward
7.0	1/ Town I standing D to side masses and (0.00)

³/₄ Turn R step L spiral, step R forward, step L forward (6:00)

1/4 Turn L stepping R to side, recover on L (6:00) 7-8

IV. Cross, Recover, Cross, Kick, Cross Behind, 1/4 Turn, Full Turn, Unwind

Cross R over L, recover on L, step R to side 1-2&

3-4& Cross L over R and kick R, cross R behind L, ¼ turn R stepping L forward (3:00)

5-6& Step R forward, ½ turn R stepping L back, ½ 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.

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