

You Raise Me Up

COPPER **KNOB**
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate - NC
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音樂: You Raise Me Up - Westlife



Intro: 8 Counts

Tag : 4 counts after wall 4 & 6

No Restart

Thank you Ibu Rose for referring this lovely song, this one is for your birthday ☐

Session 1 - STEP WITH HITCH-DOWN WITH SWEEP-BACK WITH SWEEP, COASTER STEP, PIVOT ½ TO LEFT (2 x)- PIVOT ¼ TO LEFT

- 1-3 Step R forward while hitching L, Stepdown on L while sweeping R to back, Step R back while sweeping L to back
- 4&5 Step L back, Step R next to L, Step L forward
- 6&7&8& Step R forward, Turn ½ to left & step L in place (6.00), Step R forward, Turn ½ to left & step L in place (12.00), Step R forward, Turn ¼ to left & step L in place (9.00)

Session 2 - 1/8 TO LEFT & STEP-RECOVER-TOGETHER- ¼ TO LEFT & STEP TO SIDE, ¼ TO RIGHT & STEP-TOGETHER-STEP WITH SWEEP, SQUARING & CROSS OVER- ¼ TO LEFT & BACK-STEP TO SIDE WITH SWAY, RECOVER SWAY TO RIGHT-RECOVER SWAY TO LEFT WITH DRAG

- 1-2&3 Turn 1/8 to left & step R forward (7.30), Recover onto L, Step R next to L, Turn ¼ to left & step L to side (4.30) look over left shoulder
- 4&5 Turn ¼ to right & step R forward (7.30), Step L next to R, Step R forward while sweeping L to front
- 6&7 Squaring to right & cross L over R (9.00), Turn ¼ to left & step R to back (6.00), Step L to left side & sway upper body to left
- 8& Recover onto R & sway upper body to right, Recover onto L sway upper body to left while dragging R towards L

Session 3 - BASIC NC-3/4 SPIRAL TURN TO RIGHT-FULL TURN WITH SWEEP, CROSS- ¼ LEFT & BACK-SIDE WITH DRAG-BACK WITH SWING

- 1-2&3 Long step to right side, Step L close behind R, Cross R over L, Turn ¾ to right & step L to back (9.00 continue turning to 3.00)
- 4&5 Step R forward, Turn ½ to right & step L back (9.00), Turn ½ to right & step R forward while sweeping L to front (3.00)
- 6&7-8 Cross L over R, Turn ¼ to left & step R back (12.00), Step L to left side while dragging R towards L, Step R back while swinging L upward

Session 4 - COASTER STEP- COASTER STEP WITH SWEEP, CROSS-TOUCH BEHIND-BACK WITH SWEEP, ¼ LEFT COASTER STEP

- 1&2 Step L back, Step R next to L, Step L forward
- 3&4 Recover onto R, Step L next to R, Step R forward while sweeping L to front
- 5&6 Cross L over R, Touch R behind L (body alignment to 1.30), Step R back while sweeping L to back
- 7&8 Continue sweep L to back while turning ¼ to left & step L back, Step R next to L (9.00), Step L forward

TAG : 4 Counts after wall 4 (facing 12.00) & 6 (facing 6.00)

PIVOT ½ TO LEFT (x 2), FWD-RECOVER

- 1&2& Step R forward, Turn ½ to left & step L in place (6.00), Step R forward, Turn ½ to left & step L in place (12.00)
- 3-4 Step R forward, Recover onto L

Happy dancing
Dancing from the heart

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