

# You Raise Me Up

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate nightclub  
編舞者: Shin-ichiro Baba (JP)  
音樂: You Raise Me Up - Celtic Woman



**SIDE, ROCK, STEP, SIDE, BEHIND, SIDE, CROSS, SIDE, ROCK, STEP, STEP ¼ TURN, LOCK, STEP, ½ TURN**

1-2&      Big step right to side, cross/rock left behind right, recover to right  
3&4&      Step left to side, cross right behind left, step left to side, cross right over left  
**Option: replace counts 3&4& above with left chaine turns**  
5-6&      Big step left to side, cross/rock right behind left, recover to left  
7&8      Turn ¼ right and step right forward, lock left behind right, step right forward  
&      Turn ½ right and step left together (9:00)  
**Option: replace counts 7&8 above with 3 step turn right (step ¼ right, ½ turn, ½ turn)**

**SWEEP ¼ TURN, SAILOR STEP, DIAGONALLY SHUFFLE, CROSS, BACK 1/8 TURN, ¼ TURN, CROSS, BACK, SIDE BALL CHANGE**

1      Turn ¼ right and sweep right front to back (12:00)  
2&3      Cross right behind left, step left to side, step right diagonally forward  
&4&      Step left diagonally forward, step right together, step left forward (10:30)  
**Option: replace counts &4& above with 3 step turn to left diagonally forward**  
5&6      Cross right over left, turn 1/8 right and step left back, turn ¼ right and step right to side  
7&8      Cross left over right, step right back, rock left to side  
&      Recover on right (3:00)

**During 3rd wall, restart from here (3:00). Replace counts 8& above with step left long step to left side and drag right next to left**

**CROSS, SIDE, CROSS, SWEEP, CROSS, BACK, TOGETHER, FORWARD, LUNGE, RECOVER, COASTER STEP, STEP FORWARD**

1&2      Cross left over right, step right to side, cross left over right  
&      Sweep right back to front  
3&4&      Cross right over left, step left back, step right together, step left forward  
5-6      Lunge right forward, recover onto left  
7&8&      Step right back, step left together, step right forward, step left forward (3:00)

**STEP, PIVOT ¼ TURN, CROSS, ¼ TURN, ¼ TURN, CROSS ROCK, RECOVER, SIDE, CROSS, POINT, CROSS, SIDE, BEHIND**

1&2      Step right forward, turn ¼ left (weight to left), cross right over left  
3&      Turn ¼ right and step left back, turn ¼ right and step right to side  
4-5      Cross/rock left over right, recover onto right  
&6      Step left to side, cross right over left  
7      Touch left to side  
&8&      Cross left over right, step right to side, cross left behind right (6:00)

**Only end of 2nd wall, replace counts &8& above with cross left over right: count 8**

**REPEAT**

**TAG**

**Only 4th and 6th walls add the tag of 4 counts after count 7**

1&2      Cross left over right, rock right to side, recover onto left  
3&4      Cross right over left, rock left to side, recover onto right

## ENDING

Music ends during wall 7. Dance to counts 16 (section 2: 7&8) just finish at facing front replacing count 8 above with

8                      Big step left to side

In a layback if possible

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