

YOU RAISE ME UP!

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Katharina Handberg

Music: You Raise Me Up by 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ 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 $\frac{1}{4}$ turn left, recover onto right, make $\frac{1}{2}$ 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, $\frac{1}{2}$ TURN RIGHT

- 1** Step right to right side
- 2&3** Rock forward on left, recover on right, turn $\frac{1}{4}$ 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 $\frac{1}{4}$ turn right, step left back making $\frac{1}{4}$ turn right

$\frac{1}{4}$ TURN RIGHT, ROCK & TURN, STEP TURN STEP, MAMBO FORWARD, FULL UNWIND

- 1** Step right to right side making $\frac{1}{4}$ right

- 2&3** Rock forward on left, recover on right, turn $\frac{1}{4}$ left stepping left forward
- 4&5** Step forward on right, make $\frac{1}{2}$ 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 $\frac{1}{2}$ turn, to face the front wall