

RAISE UP

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Count: 32

Wall: 4

Level: intermediate/advanced

Choreographer: Pauline Greenwood

Music: You Raise Me Up by Westlife

FORWARD, BACK, UNWIND, (WALL 1, TOE BEHIND UNWIND BRUSH), STEP/SWAY SWAY TOGETHER, TURN $\frac{1}{4}$ RIGHT, FORWARD TURN $\frac{1}{2}$ RIGHT BACK, TURN $\frac{1}{2}$ RIGHT FORWARD, TURN $\frac{1}{2}$ RIGHT BACK, BACK, ROCK/REPLACE FORWARD

1-2 Step left foot forward, step/rock back onto ball of right foot to unwind $\frac{3}{4}$ left turn (weight on right)

On wall 1, touch left toe behind right keeping weight onto right unwind $\frac{3}{4}$ left turn (weight on right) brushing left heel across to right knee (3:00)

3-4 Step / sway left to left side, step / sway right to right side

&5&6 Step left together turning $\frac{1}{4}$ right, step right forward, turn $\frac{1}{2}$ right, step left back, turn $\frac{1}{2}$ right step right forward (6:00)

&7-8 Turning a further $\frac{1}{2}$ right stepping back on left, step back on right, rock/replace forward on left (12:00)

FORWARD, TURN $\frac{1}{2}$ LEFT, BACK, ROCK /REPLACE FORWARD, TOGETHER, TURN $\frac{1}{2}$ RIGHT FORWARD, TURN $\frac{1}{2}$ RIGHT BACK, TURN $\frac{1}{2}$ RIGHT FORWARD, TOGETHER, FORWARD, BACK, TURN $\frac{1}{4}$ RIGHT SIDE, SWEEP, TURN $\frac{1}{4}$ LEFT BACK TURN $\frac{1}{2}$ LEFT FORWARD

&1-2 Step right forward, turn $\frac{1}{2}$ left stepping back on left, rock / replace forward onto right

&3&4 Step left beside right, turn $\frac{1}{2}$ right step right forward, turn $\frac{1}{2}$ right step right back, turn $\frac{1}{2}$ right step right forward, (12:00)

&5&6 Step left beside right, step right forward, step left back turn $\frac{1}{4}$ right stepping right to right side

7&8 Sweep left around and across in front of right, turn $\frac{1}{4}$ left step back right, turn $\frac{1}{4}$ left step left forward (6:00)

TOUCH FORWARD, SWEEP, TURN $\frac{1}{4}$ RIGHT, SCUFF, ACROSS, ROCK/STEP, BACK TOGETHER, ACROSS TURN $\frac{1}{4}$ RIGHT, ROCK/STEP, TOGETHER, ACROSS, TURN $\frac{1}{4}$ LEFT BACK, PIVOT $\frac{1}{2}$ LEFT, SIDE SWAY SWAY

- 1-2** Touch right toe forward, sweep right toe around and out to the side (making an arch/ weight on right) turning $\frac{1}{4}$ right
- &3&4** Scuff left ball of foot, step left across right, rock/step back onto right, step left beside right
- 5&a** Step right across left turning $\frac{1}{4}$ right, rock/step back onto left, step right beside left
- 6&a** Step left across right turning $\frac{1}{4}$ left, step right back pivot $\frac{1}{2}$ left, step left to left side
- 7-8** Step/sway right to right side, step/sway left to left side, (3:00)

SAILOR, TOGETHER, SHUFFLE FORWARD, TOGETHER, LUNGE ACROSS ROCK/STEP, TOGETHER FORWARD, PIVOT $\frac{1}{2}$ LEFT, FORWARD, PIVOT $\frac{1}{2}$ LEFT

- 1&2** Step right behind left, step left to left side, rock/replace weight onto right, step left beside right
- 3&4&** Step right forward, step/slide left beside right, step right forward, step left beside right
- 5-6** Lunge right across in front of left, rock/step back onto left
- &7&8** Step right beside left, step left forward, pivot $\frac{1}{2}$ left, step left forward pivot $\frac{1}{2}$ left (3:00)

REPEAT

TAG

At the end of wall 4, facing 12:00

- 1-2** Lunge forward onto left, step back onto right
- &3-4&** Step left beside right, step right forward, pivot $\frac{1}{2}$ left (weight on left) step right together

TAG

At the end of wall 6, facing 12:00

- 1-4** Hold 4 beats

ENDING

Wall 7

- 1-12** Music tempo slows down, matched by steps
- 13-14** Sway hips left, sway hips right
- 15-18** Left full turn left right left, sway hips right
- 19-20** Step left to left side dragging right to left

