



## Rise

Count: 32 - Wall: 2 - Level: Beginner / Intermediate - nightclub

Choreographer: Daniel Trepap & Sue Wilkinson

Music: You Raise Me Up by Westlife \*\*

Altanative: Em dones forza by Sergio Dalma Via Dalma \*\*\*

**Intro:** \*\* 8 Counts

\*\*\* 8 Counts

### **STEP, DRAG, DOWN, UP, STEP, FEATHER TURN R, BEHIND, CROSS**

- 1 Step left foot to the side
- 2 Drag right foot towards left foot
- 3 Bend knees and move upper body down
- 4 Coming up, weight on left foot
- 5 Step right foot forward
- 6 Turn  $\frac{1}{4}$  right, stepping left foot forward **3:00**
- & Turn  $\frac{1}{4}$  right, stepping right foot forward **6:00**
- 7 Turn  $\frac{1}{4}$  right, stepping left foot to the side **9:00**
- 8 Step right foot behind left foot
- & Cross left foot over right foot

### **$\frac{1}{4}$ TURN R WITH SWEEP, CROSS, $\frac{1}{4}$ TURN L, $\frac{1}{4}$ TURN L WITH SWEEP, CROSS, $\frac{1}{4}$ TURN R, $\frac{1}{4}$ TURN R, BEHIND, CROSS, SIDE, BEHIND, CROSS**

- 1 Step right foot  $\frac{1}{4}$  turn right and sweep left foot to the front **12:00**
- 2 Cross left foot over right foot
- & Turn  $\frac{1}{4}$  left, stepping right foot backwards **9:00**
- 3 Step left foot  $\frac{1}{4}$  turn left and sweep right foot to the front **6:00**
- 4 Cross right foot over left foot
- & Turn  $\frac{1}{4}$  right, stepping left foot backwards
- 5 Turn  $\frac{1}{4}$  right, stepping right foot to the right **12:00**
- 6 Step left foot behind right foot
- & Cross right foot over left foot
- 7 Step left foot to the side
- 8 Step right foot behind left foot
- & Cross left foot over right foot

**SWAY LEFT & RIGHT, ¼ TURN L, FORWARD, ¾ TURN L WITH HITCH,  
SWAY RIGHT & LEFT, ¼ TURN R, FORWARD, ¾ TURN R WITH HITCH**

1	Step right foot to the side	
2	Sway left foot to the left	
&	Sway right foot to the right	
3	¼ turn left, stepping left foot forward	<b>9:00</b>
4	Step right foot forward	
&	¾ turn left on right foot and hitch left, knee	<b>12:00</b>
5	Step left foot to the side	
6	Sway to the right on right foot	
&	Sway to the left on left foot	
7	¼ turn right, stepping right foot forward	<b>3:00</b>
8	Step left foot forward	
&	¾ turn right on left foot and hitch right, knee	<b>12:00</b>

**RIGHT 1/2 TURNING BASIC, ¾ TURN RIGHT, SIDE, FORWARD STEPS,  
¼ TURN R, SWAY**

1	Step right foot to the side	
2	Step left foot behind right foot	
&	Cross right foot over left foot	
3	Side step left foot, ½ turn right with Ronde	<b>6:00</b>
4	Step right foot forward	
&	Step left foot together, ¾ turn right	<b>3:00</b>
5	Step right foot to the side	
6	Step left foot forward	
&	Step right foot forward	
7	¼ turn right, stepping left foot to the side	<b>6:00</b>
8	Sway right foot to the right	

**REPEAT**

**TAG**

**After the 4th – 12:00 and 6th wall – 12:00  
SWAY, FULL TURN LEFT, BEHIND, CROSS**

1	Sway to the left on left foot, ¼ turn left	<b>9:00</b>
2	stepping right foot forward	
&	½ turn left onto left foot	<b>3:00</b>
3	¼ turn left, stepping right foot to the side	<b>12:00</b>
4	Step left foot behind right foot	
&	Cross right foot over left foot	

Quelle: <http://www.copperknob.co.uk>

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