

Rise



Choreographed by Daniel Trepát & Sue Wilkinson
Description: 32 count, 2 wall, beginner/intermediate nightclub line dance
Musik: You Raise Me Up by Westlife
Start dancing on lyrics

STEP, DRAG, DOWN, UP, STEP, FEATHER TURN, BEHIND, CROSS

- 1 Step left to 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 forward
- 6 Turn $\frac{1}{4}$ right, stepping left foot forward
- & Turn $\frac{1}{4}$ right, stepping right foot forward
- 7 Turn $\frac{1}{4}$ right, stepping left foot to the side
- 8 Cross right behind left
- & Cross left over right

$\frac{1}{4}$ TURN WITH SWEEP, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN WITH SWEEP, CROSS, $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN, BEHIND, CROSS, SIDE, BEHIND, CROSS

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

SWAY LEFT & RIGHT, $\frac{1}{4}$ TURN, FORWARD, $\frac{3}{4}$ TURN WITH HITCH, SWAY RIGHT & LEFT, $\frac{1}{4}$ TURN, FORWARD, $\frac{3}{4}$ TURN WITH HITCH

- 1 Step right to side
- 2 Sway left foot to the left
- & Sway right foot to the right
- 3 Turn $\frac{1}{4}$ left and step left forward
- 4 Step right forward
- & $\frac{3}{4}$ turn left on right foot and hitch left, knee
- 5 Step left to side
- 6 Sway to the right on right foot
- & Sway to the left on left foot
- 7 Turn $\frac{1}{4}$ right and step right forward
- 8 Step left forward
- & $\frac{3}{4}$ turn right on left foot and hitch right, knee

RIGHT TURNING BASIC, ¾ TURN RIGHT, SIDE, FORWARD STEPS, ¼ TURN, SWAY

- 1 Step right to side
- 2 Cross left behind right
- & Cross right over left
- 3 Side step left foot, ½ turn right
- 4 Step right forward
- & Step left together, ¾ turn right
- 5 Step right to side
- 6 Step left forward
- & Step right forward
- 7 Turn ¼ right and step left foot to the side
- 8 Sway right foot to the right

REPEAT

TAG

After the 4th and 6th wall

SWAY, FULL TURN LEFT, BEHIND, CROSS

- 1 Sway to the left on left foot
- 2 Turn ¼ left and step right foot forward
- & ½ turn left onto left foot
- 3 Turn ¼ left and step right foot to the side
- 4 Cross left behind right
- & Cross right over left

