

Rise

Choreographer: Daniel Trepas & Sue Wilkinson

Level: Novice

Counts: 32 counts + 4 counts tag - 2 wall line dance - Night Club Two Step

Music: You Raise Me Up, by Westlife

Step, drag, down, up, step, feather turn, behind, cross.

- 1 LF Step to the side
- 2 RF Drag RF towards LF
- 3 Bend knees and move upper body down
- 4 Coming up, weight on LF
- 5 RF Step forward
- 6 LF Turn 1/4 right, stepping LF forward
& RF Turn 1/4 right, stepping RF forward
- 7 LF Turn 1/4 right, stepping LF to the side
- 8 RF Step behind LF
& LF Cross over RF

1/4 turn with sweep, cross, 1/4 turn, 1/4 turn with sweep, cross, 1/4 turn, 1/4 turn, behind, cross, side, behind, cross.

- 1 RF Step 1/4 turn right and sweep LF to the front
- 2 LF Cross over RF
& RF Turn 1/4 left, stepping RF backwards
- 3 LF Step 1/4 turn left and sweep RF to the front
- 4 RF Cross over LF
& LF Turn 1/4 right, stepping LF backwards
- 5 RF Turn 1/4 right, stepping to the right
- 6 LF Step behind RF
& RF Cross over LF
- 7 LF Step to the side
- 8 RF Step behind LF
& LF Cross over RF

Sway L & R, 1/4 turn, fwd, 3/4 turn with hitch, sway R & L, 1/4 turn, fwd, 3/4 turn with hitch.

- 1 RF Step to the side
- 2 LF Sway to the left
& RF Sway to the right
- 3 LF 1/4 turn left, stepping fwd
- 4 RF Step forward
& LF 3/4 turn left on RF and hitch L.knee
- 5 LF Step to the side
- 6 RF Sway to the right
& LF Sway to the left
- 7 RF 1/4 turn right, stepping forward
- 8 LF Step forward
& RF 3/4 turn right on LF and hitch R.knee

Right turning basic, 3/4 turn R, side, fwd steps, 1/4 turn, sway.

- 1 RF Step to the side
- 2 LF Step behind RF

& RF Cross over LF
3 LF Side, step, 1/2 turn right
4 RF step forward
& LF step together, 3/4 turn right
5 RF Step to the side
6 LF Step forward
& RF Step forward
7 LF 1/4 turn right, stepping to the side
8 RF Sway to the right.

Tag, after the 4th and 6th wall

Sway, full turn left, behind, cross.

1 LF Sway to the left
2 RF 1/4 turn left, stepping forward
& LF 1/2 turn left
3 RF 1/4 turn left, stepping to the side
4 LF Step behind RF
& RF Cross over LF