

# RISE

Choreographed by: Daniel Trepát & Sue Wilkinson (Jan 06)

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

Descriptions: 32 count - 2 wall - Beginner level line dance

## **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                           |

## **¼ turn with sweep, cross, ¼ turn, ¼ turn with sweep, cross, ¼ turn, ¼ 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, ¼ turn, fwd, ¾ turn with hitch, sway R & L, ¼ turn, fwd, ¾ 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, ¾ turn R, side, fwd steps, ¼ 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