



Rise

Choreographed by Daniel Trepap & Sue Wilkinson

Description 32 count, 2 wall, low intermediate nightclub line dance

Music *You Raise Me Up* by Westlife

Intro Begin on lyrics

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

- 1 Step left side
- 2 Drag right foot towards left foot
- 3 Bend knees and move upper body down
- 4 Coming up, weight to 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
- & Cross left over

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

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 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
- & Turn $\frac{3}{4}$ left foot and hitch left, knee

- 5 Step left 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
 & Turn $\frac{3}{4}$ right foot and hitch right, knee

RIGHT TURNING BASIC, $\frac{3}{4}$ TURN RIGHT, SIDE, FORWARD STEPS, $\frac{1}{4}$ TURN, SWAY

- 1 Step right side
 2 Cross left behind
 & Cross right over
 3 Side step left foot, turn $\frac{1}{2}$ right
 4 Step right forward
 & Step left together, turn $\frac{3}{4}$ right
 5 Step right side
 6 Step left forward
 & Step right forward
 7 Turn $\frac{1}{4}$ right and step left foot to the side
 8 Sway right foot to the right

REPEAT

• TAG •

After the 4th and 6th repetition

SWAY, FULL TURN LEFT, BEHIND, CROSS

- 1 Sway to the left on left foot
 2 Turn $\frac{1}{4}$ left and step right forward
 & Turn $\frac{1}{2}$ left (weight to left)
 3 Turn $\frac{1}{4}$ left and step right foot to the side
 4 Cross left behind
 & Cross right over

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Use barcode scanner
 on phone/tablet to
 view dance video at

You Tube



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