Rise

Count: 32 **Wall:** 2 **Level:** Improver - nightclub
Choreographer: Daniel Trepat (NL) & Sue Wilkinson (UK)
Music: You Raise Me Up - Westlife

STEP, DRAG, DOWN, UP, STEP, FEATHER TURN, 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 ¼ right, stepping left foot forward
&	Turn ¼ right, stepping right foot forward
7	Turn ¼ right, stepping left foot to the side
8	Step right foot behind left foot
&	Cross left foot over right foot

¼ TURN WITH SWEEP, CROSS, ¼ TURN, ¼ TURN WITH SWEEP, CROSS, ¼ TURN, ¼ TURN, BEHIND, CROSS, SIDE, BEHIND, CROSS

1	Step right foot ¼ turn right and sweep left foot to the front
2	Cross left foot over right foot
&	Turn ¼ left, stepping right foot backwards
3	Step left foot ¼ turn left and sweep right foot to the front
4	Cross right foot over left foot
&	Turn ¼ right, stepping left foot backwards
5	Turn ¼ right, stepping right foot to the right
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, FORWARD, ¾ TURN WITH HITCH, SWAY RIGHT & LEFT, ¼ TURN, FORWARD, ¾ TURN 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
4	Step right foot forward
&	¾ turn left on right foot and hitch left, knee
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
8	Step left foot forward
&	¾ turn right on left foot and hitch right, knee

RIGHT TURNING BASIC, ¾ TURN RIGHT, SIDE, FORWARD STEPS, ¼ TURN, 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
4	Step right foot forward
&	Step left foot together, ¾ turn right
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
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	¼ turn left, stepping right foot forward
&	½ turn left onto left foot
3	¼ turn left, stepping right foot to the side
4	Step left foot behind right foot
&	Cross right foot over left foot
