

## Rise

32 Count, 2 Wall, Improver, Nightclub 2 Step  
Choreographer: Daniel Trepas (NL) & Sue Wilkinson  
(UK) Nov 2008

Choreographed to: You Raise Me Up by Westlife  
(56 bpm)

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**1-8: STEP, DRAG, DOWN, UP, FEATHER TURN, BEHIND, CROSS**

- 1 LF Step to the side (9:00)
- 2 RF Drag toward LF
- 3 Bend knees and move upper body down
- 4 Coming up, weight on LF
- 5 RF Step forward, 1/4T right
- 6 LF Step forward, 1/4T right
- & RF Step forward, 1/4T right
- 7 LF Step to the side (6:00)
- 8 RF Step behind LF
- & LF Cross over RF

**9-16: 1/4 TURN WITH SWEEP, CROSS, 1/4 TURN, 1/4 TURN WITH SWEEP, CROSS, 1/4 TURN, 1/4 TURN, BASIC**

- 1 RF 1/4Turn right and step forward sweeping LF
- 2 LF Cross in front of RF, 1/4T left
- & RF Step back, 1/4T left
- 3 LF Step forward sweeping RF (6:00)
- 4 RF Cross in front of LF, 1/4Turn right
- & LF Step back, 1/4Turn right
- 5 RF Step to the side (3:00)
- 6 LF Step behind RF
- & RF Cross over LF
- 7 LF Step to the side
- 8 RF Step behind LF
- & LF Cross over RF

**17-24: SWAY L&R, 1/4 TURN, 3/4 TURN WITH HITCH, SWAY R&L, 1/4 TURN, 3/4 TURN WITH HITCH**

- 1 RF Step to the side
- 2 Sway to the left
- & Sway to the right, 1/4T left
- 3 LF Step forward (9:00)
- 4 RF Step forward
- & 3/4Turn left hitching left knee
- 5 LF Step to the side (face 12:00)
- 6 Sway to the right
- & Sway to the left, 1/4Turn right
- 7 RF Step forward (3:00)
- 8 LF Step forward
- & 3/4Turn right hitching right knee

**25-32: RIGHT TURNING BASIC, 3/4 TURN, SIDE, FORWARD STEPS, 1/4 TURN, SWAY**

- 1 RF Step to the side (face 12:00)
- 2 LF Step behind RF
- & RF Cross over LF
- 3 LF Step to the side, 1/2Turn right
- 4 RF Step forward (6:00)
- & LF Step together making 3/4T right
- 5 RF Step to the side (6:00)
- 6 LF Step forward (3:00)
- & RF Step forward, 1/4Turn right
- 7 LF Step to the side (face 6:00)
- 8 RF Sway to the right

**TAG AFTER THE 4th and 6th WALL**

- 1 LF Sway to the left, 1/4Turn left
  - 2 RF Step forward, 1/2Turn left
  - & LF Take weight, 1/4Turn left
  - 3 RF Step to the side
  - 4 LF Step behind RF
  - & RF Cross over LF
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