

YOU RAISE ME UP WALTZ

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Music: "You Raise Me Up" by Susann Taylor (Album "Ballroom Perfection" Track 5, 3:04 min – or casa musica download)
Rhythm & Phase: Waltz Phase IV + 1 (Dbl Rev Spin) + 1 (Sync Vine)
Timing: 1,2,3; unless indicated, reflects actual weight changes
Footwork: opposite unless noted (Woman's footwork in parentheses)
Sequence: **INTRO - A - B - A - B(mod) - B (1-14) - END** Released: January 2015

INTRO

1 - 4 In OP M Facing Partner & WALL Wait 2 ; ; Apart, Point, - ; Together, Touch to BFLY, - ;

- 1-2 {**Wait 2**} in OP M fcg ptr & WALL wait, - , - ; wait, - , - ;
3 {**Apt, Pt (1 - -)**} stp bk L, pt fwd R, - (*W bk R, pt fwd L, -*) ;
4 {**Tog, Tch (1 - -)**} rec R, tch L to R jng hnds to BFLY, - ;

PART A

1 - 4 Balance Left & Right ; ; Lace Across* to Face ; Whiplash to BJO ;

- 1-2 {**Balance L & R**} in BFLY pos stp sd L, XRib of L, rec L ; sd R, XLib of R, rec R to BFLY WALL ;
(*W stp sd R, XLib of R, rec R ; sd L, XRib of L, rec L ;*)
3 {**Lace Across***} release trlhnds raise ldhnds and stp fwd L leadg W to a RF trn and crossg in back of W
start trng LF, fwd & sd R trng LF to fc ptr, cl L to R to BFLY COH
(*W under raised ldhnds and crossg in frnt of ptr stp fwd R start trng RF, fwd & sd L trng RF to fc ptr,
cl R to L to BFLY*) ;
4 {**Whiplash (1 - -)**} stp thru R, quick ronde to pt sd L twd RLOD, no wgt chg trn to contra BJO ;

*) may be cued as "Change Sides"

5 - 8 Outside Change to BJO ; Manuver ; 2 Right Turns ; ;

- 5 {**Outsd Chg**} stp bk L, bk R crossg in front of W & trng LF, sd & fwd L to BJO DLW
(*W fwd R, fwd L trng LF, bk R to BJO*) ;
6 {**Manuv**} stp fwd R start trng RF, sd L cont trng RF to CP RLOD, cl R to L
(*W sm bk L start trng RF, sd & fwd R cont trng RF, cl L to R*) ;
7-8 {**2 R Trns**} in CP fcg RLOD stp bk L start trng RF, sd & fwd R cont RF trn, cl L to R to CP DLC ;
stp fwd R trng RF, fwd & sd L cont RF trn to fc WALL, cl R to L to BFLY ;

9 - 12 Balance Left & Right ; ; Solo Turn in 6 to BFLY ; ;

- 9-10 {**Bal L & R**} in BFLY WALL stp sd L, XRib of L, rec L ; sd R, XLib of R, rec R to BFLY WALL ;
(*W stp sd R, XLib of R, rec R ; sd L, XRib of L, rec L ;*)
10-12 {**Solo Trn in 6**} release hnds and stp sd & fwd L trng LF to fc LOD, fwd & sd R cont trng LF,
cl L to R cont trng LF to fc RLOD ; bk R trng LF, sd L cont trng LF to fc WALL, cl R to L to BFLY ;
(*W sd & fwd R trng RF, fwd & sd L cont trng RF, cl R to L cont trng RF to fc RLOD ;
bk L trng RF, sd R cont trng RF to fc WALL, cl L to R ;*)

13 - 16 Waltz Away ; Lady Wraps ; Forward Waltz ; Pickup Lady Locks ;

- 13 {**Waltz Away**} release ldhnds and stp sd & fwd L to OP LOD, fwd R, cl L to R
(*W sd & fwd R, fwd L, cl R to L*) ;
14 {**Lady Wraps**} stp sm fwd R and move trlhnds bk to ld W to wrp LF, sm fwd L,
cl R to L and jn ldhds in frnt of W to end in WRP LOD
(*W fwd L starting full LF trn with ldhnd above trlarm, XRif of L cont LF trn, cl L to R*) ;
15 {**Fwd Waltz**} in wrapped pos stp fwd L, fwd R, cl L to R (*W fwd R, fwd L, cl R to L*) ;
16 {**PU Lady Lk**} release trlhnds stp fwd R, sm sd L, cl R to L to CP DLC
(*W stp fwd L start trng LF, sd & bk R cont trng LF to fc ptr and rise, XLif*) ;

PART B

1 - 4 Double Reverse Twice to Face WALL ; ; Hover to SCP ; Syncopated Vine to SCP ;

- 1-2 **{Dbl Rev 2x (1 - - 1 - -)}** fwd L twd DLC, fwd R twd DLC trng LF & drawing L to R, keep trng LF on ball of R no wgt chg to CP LOD ; fwd L twd LOD, fwd R twd LOD trng LF & drawing L to R, keep trng LF on ball of R no wgt chg to CP WALL ;
(W stp bk R, draw L to R trng LF on heel of R but at last chg wgt to L, fwd R twd DLC trng LF and leadg M to cont trng/XLif of R to CP LOD ; W stp bk R, draw L to R trng LF on heel of R but at last chg wgt to L, fwd R trng LF and leadg M to cont trng/XLif of R to CP WALL ;)
- 3 **{Hover to SCP}** stp fwd L, sd R & rise, sd & fwd L to SCP LOD ;
- 4 **{Sync Vine (12&3)}** stp thru R trng to fc ptr, sd L & rise/XRib of L, sd & fwd L to SCP ;

5 - 9 Natural Hover Fallaway ; Slip Pivot to BJO ; Forward Chasse to SCP ; I/O Runs to SCP DLC ; ;

- 5 **{Nat Hover Falwy}** thru & fwd R start trng RF, fwd L & rise contg RF trn to SCP DRW, rec bk R
(W thru & fwd L start trng RF, fwd R & rise contg RF trn to SCP DRW, rec bk L) ;
- 6 **{Slip Pivot}** bk L twd DLC, bk R twd DLC start trng LF, sd & fwd L to contra BJO DLW
(W bk R start trng LF, cont trng LF slip fwd L between M's feet, sd & bk R to contra BJO DLW) ;
- 7 **{Fwd Chasse (12&3)}** stp fwd R trng to fc ptr, sd L/cl R to L, sd L to SCP DLW ;
- 8-9 **{I/O runs}** stp fwd R, fwd & sd L trng RF to CP RLOD, bk R to BJO ; stp bk L, sd & fwd R between W's feet trng RF, fwd L to SCP DLC ; *(W stp fwd L, fwd R between M's feet, fwd L ; fwd R start trng RF, fwd & sd L crossg LOD in frnt of M and trng RF, fwd R to SCP DLC ;)*

10 - 12 Weave 6 to SCP ; ; Syncopated Vine to SCP ;

- 10.11 **{Weave 6}** stp thru & fwd R, fwd L trng LF to CP COH, sd & bk R cont trng LF to contra BJO RLOD ;
in contra BJO bk L, bk R trng LF to CP, sd & fwd L trng LF to SCP DLW ;
(W stp thru & fwd L start trng LF, sd & bk R trng LF arnd ptr to CP COH, sd & fwd L trng LF to contra BJO RLOD ; fwd R, fwd L trng LF to CP, sd & fwd R twd DLW trng to SCP DLW ;)
- 12 **{Sync Vine (12&3)}** stp thru R trng to fc ptr, sd L & rise/XRib of L, sd L to SCP ;

13 - 16 Fwd Hover Lady Turns to BJO ; Bk Hover Lady Turns to SCP ; Semi Chasse ; Thru Face Close ;

- 13 **{Fwd Hover W to BJO}** stp thru & fwd R, fwd L & rise, rec bk R to BJO
(W stp fwd L, fwd & sm sd R rise trng ½ LF, rec fwd L to BJO) ;
- 14 **{Bk Hover W to SCP}** stp bk L, bk R & rise, rec fwd L to SCP ;
(W stp fwd R, fwd & sm sd L rise trng ½ RF, rec fwd R to SCP ;)
- 15 **{Semi Chasse (12&3)}** stp thru R trng to fc ptr, sd L/cl R, sd L to SCP ;
- 16 **{Thru Face Close}** stp thru R, fwd & sd L trng to fc ptr, cl R to L to BFLY WALL
(W stp fwd L start trng LF, fwd & sd R to fc ptr, cl L to R) ;

PART B (MOD)

1 - 4 Double Reverse Twice to Face WALL ; ; Hover to SCP ; Syncopated Vine to SCP ;

- 1-4 Repeat meas 1 – 4 of Part B ; ; ;

5 - 9 Natural Hover Fallaway ; Slip Pivot to BJO ; Fwd Chasse to SCP ; I/O Runs to SCP DLC ; ;

- 5-9 Repeat meas 5 – 9 of Part B ; ; ; ;

10 - 12 Weave 6 to SCP ; ; Syncopated Vine to SCP ;

- 10.12 Repeat meas 10 – 12 of Part B ; ; ;

13 - 16 Fwd Hover Lady Turns to BJO ; Bk Hover Lady Turns to SCP ; Manuver ; Hesitation Change ;

- 13-14 Repeat meas 13 – 14 of Part B ; ;
- 15 **{Manuv}** stp fwd R start trng RF, sd L cont trng RF arnd W to CP RLOD, cl R to L
(W sm fwd L, sm fwd R, cl L to R) ;
- 16 **{Hesit Chg (12 -)}** stp bk L start trng RF, sd & fwd R cont trng RF to DLC,
draw L to R no wgt chg to end in CP DLC ;

END

1-2 Manuver ; Hesitation Change with Right Lunge & Hold

- 1 Repeat meas 15 of Part B ;
- 2 **{Hes Chg w/R Lunge & Hold (12 -)}** stp bk L start trng RF, sd R to fc DLC lowering into knee,
hold position up to the end of music

Quick Cues

INTRO - A - B - A - B(mod) - B (1-14) - END

Start in OP M fcg ptr & WALL leadfeet free

INTRO

1-4 Wait 2 ; ; Apt, Pt, - ; Tog, Tch, - ;

A

1-4 Bal L & R ; ; Lace Across to Fc ; Whiplash to BJO ;

5-8 Outsd Chg to BJO ; Manuv ; 2 R Trns ; ;

9-12 Bal L & R ; ; Solo Trn in 6 ; to BFLY ;

13-16 Waltz Away ; Lady Wraps ; Fwd Waltz ; PU Lady Lk ;

B

1-4 Dbl Rev 2x ; to Fc WALL ; Hover to SCP ; Sync Vine to SCP ;

5-9 Nat Hover Falwy ; Slip Pivot to BJO ; Fwd Chasse to SCP ; I/O Runs ; ;

10-12 Weave 6 to SCP ; ; Sync Vine to SCP ;

13-14 Fwd Hover Lady to BJO ; Bk Hover Lady to SCP ;

15-16 Semi Chasse ; Thru, Fc, Cl ;

A

B(mod)

1-14 Repeat Meas 1-14 of Part B

15-16 Manuv ; Hesitation Chg ;

B (1-14)

END

1-2 Manuv ; Hesitation Chg w/R Lunge & Hold