

YOU RAISE ME UP III

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Record: CD: Potpourri by Trevor Nasser, Track 20, You Raise Me Up, 2:28 or various downloads
Timing: S, q,q; exceptions noted Footwork: opp. exceptions noted
Rhythm & Phase: ST, III +2 (Inside Roll, Outside Roll) +1 (Shadow Break)
Sequence: INTRO – A – B – A – B(1-15) – TAG Speed: adjust for comfort

INTRO

1 - 4 (BFLY) WAIT 2;; BASIC;;

1-4 Fcg ptr & WALL BFLY wait 2 measures;; Sd L, -, XRib L, rec L; Sd R, -, XLib R, rec R;
[W (3-4): Sd R, -, XLib R, rec R; Sd L, -, XRib L, rec L;]

PART A

1 - 8 LUNGE BASIC TWICE;; BASIC;; UNDERARM TURN; OPEN BASIC TWICE;; BASIC ENDING;

1-4 Sd L lower into knee, -, rise & rec R, XLif of R; Sd R lower into knee, -, rise & rec L, XRif of L;
Repeat actions meas 3-4 of Intro;;

[W (1-2): Sd R lower into knee, -, rise & rec L, XRif of L; Sd L lower into knee, -, rise & rec R, XLif of R;]

5-8 Sd L raise ld hnds, -, XRib of L, rec L; Sd R, -, trn ¼ LF to HALF OP rk bk L, rec R; Trn RF to fc ptr sd L, -, trn ¼ RF to LEFT HALF OP rk bk R, rec L; Trn LF to fc ptr repeat actions meas 4 of INTRO;

[W (5-8): Sd R comm to trn RF undr jnd ld hnds, -, XLif of R cont RF trn, rec fwd R to fc; Sd L to HALF OP, -, trn ¼ RF rk bk R, rec fwd L; Sd R to LEFT HALF OP, -, trn ¼ LF rk bk L, rec fwd R; Repeat actions meas 4 of Intro;]

9 - 12 SIDE BASIC; REVERSE UNDERARM TURN; LUNGE BASIC TWICE;;

9-12 Repeat actions meas 3 of Intro; Sd R raise ld hnds, -, XLif of R, rec R to BFLY; Repeat actions meas 1-2 Part A;;

[W (10): Sd L comm LF trn undr jnd ld hnds, -, XRif of L cont trn to fc LOD, sd & fwd L compl LF trn to fc ptr;]

13 - 16 UNDERARM TURN; BASIC ENDING; OPEN BASIC TWICE;;

13-16 Repeat actions meas 5 Part A and meas 8 Part A;; Sd L, -, trn ¼ RF to LEFT HALF OP rk bk R, rec L; Trn LF to fc ptr sd R, -, trn ¼ LF to HALF OP rk bk L, rec R to fc ptr;

[W (15-16): Sd R, -, trn ¼ LF to LEFT HALF OP rk bk L, rec R; Trn RF to fc ptr sd L, -, trn ¼ RF to HALF OP rk bk R, rec L;]

PART B

1 - 4 UNDERARM TURN TO R HAND SHAKE; SHADOW BREAKS TWICE;; OPEN BREAK TO MAN'S HEAD LOOP;

1-4 Repeat actions meas 5 Part A to R HNDSHK; Sd R, -, trn ¼ LF rk bk L, rec fwd R; Trn ¼ RF to fc ptr sd L, -, trn ¼ RF rk bk R, rec fwd L; Trn ¼ LF to fc ptr sd R, -, rk apt L, rec fwd R raise jnd hnds above hd level;

[W (2-4): Sd L, -, trn ¼ RF rk bk R, rec fwd L; Trn ¼ LF to fc ptr sd R, -, trn ¼ LF rk bk L, rec fwd R; Trn ¼ RF to fc ptr sd L, -, rk apt R, rec fwd L;]

5 - 12 OPEN BASIC TWICE;; BASIC;; LUNGE BASIC WITH INSIDE ROLL; BASIC ENDING; LUNGE BASIC TWICE;;

5-8 Place R arm bhnd hd release hndhld and repeat actions meas 15-16 Part A;; Repeat actions meas 3-4 of Intro;;

9-12 Sd L lower into knee, -, rise & rec R raise ld hnds, XLif of R; Repeat actions meas 4 of Intro and meas 1-2 Part A;;;

[W (9): Sd R lower into knee, -, rise & rec L comm LF trn undr jnd ld hnds, cont LF trn fwd R trn to fc ptr;]

13 - 16 UNDERARM TURN; LARIAT MAN TURN TO LOP LOD; OUTSIDE ROLL; OPEN BASIC TO BFLY;

13-16 Sd L raise ld hnds, -, XRib of L, rec L; Rk sd R, -, rec L trn LF to fc LOD, fwd R to LOP LOD;

Fwd L raise ld hnds, -, sd & fwd R comm to trn twd ptr, XLif of R to fc COH; Repeat actions meas 6 Part A to BFLY fcg COH;

[W (13-16): Sd R comm to trn RF undr jnd ld hnds, -, XLif of R cont RF trn, rec fwd R to fc; Circle RF arnd M fwd L, -, R, L; Fwd R comm RF trn, -, sd L cont trn undr jnd ld hnds, fwd R to fc ptr; Repeat actions meas 6 Part A;]

Note: 2nd time thru the Dance PART A starts fcg COH – orientation is reversed up to B15

TAG

1 STEP SIDE, STEP BACK, HOLD;

1 Sd R trn RF to OP ptrs fcg LOD, -, bk L to V-bk-to-bk POS, hold POS while sweeping L arm bk;