

YOU RAISE ME UP

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Rhythm: WZ Phase: II + 1 + 1UP (Box Finish, Interrupted Box) – Moderate+ Difficulty
Speed: 100% Timing 3:03 @ 100% - Recommend playing at 48 rpm (106.7%)
Record: You Raise Me Up by Susann Taylor From album “Ballroom Perfection”
Available as MP3 download from Casa Musica
Sequence: IN – A – B – A – B* – B* – END Cuesheet rev: 1.0 (Spring 2014)
Footwork: instructions to man / ladies opposite footwork throughout



INTRO – 4 MEA

(1-4) (OFF-DLW) WAIT 2 MEA ; ; APT, PT ; PICKUP, TCH ;

PART A – 16 MEA

(1-4) 2 LEFT TURNS ; ; BOX ; ;

(5-8) TWISTVINE 3 ; MANEUVER ; 2 RIGHT TURNS ; ;

(9-12) INTERRUPTED BOX ; ; ; ;

(13-16) DIP BACK ; RECOVER-SCAR ; TWINKLE-BJO ; FORWARD, FACE, CLOSE ;

PART B – 16 MEA

(1-4) WALTZ AWAY ; TURN IN FACE RLOD ; BACK WALTZ ; BALANCE BACK ;

(5-8) OPEN BOX ; ; THRU TWINKLE ; THRU, SIDE, BEHIND ;

(9-12) ROLL 3 ; LADY ROLL ACROSS ; THRU TWINKLE ; THRU, FACE, CLOSE ;

(13-16) LEFT TURNING BOX ONE HALF ; ; BALANCE FWD ; BOX FINISH ;

PART A – 16 MEA

(1-4) 2 LEFT TURNS ; ; BOX ; ;

(5-8) TWISTVINE 3 ; MANEUVER ; 2 RIGHT TURNS ; ;

(9-12) INTERRUPTED BOX ; ; ; ;

(13-16) DIP BACK ; RECOVER-SCAR ; TWINKLE-BJO ; FORWARD, FACE, CLOSE ;

PART B* – 16 MEA

(1-4) WALTZ AWAY ; TURN IN FACE RLOD ; BACK WALTZ ; BALANCE BACK ;

(5-8) OPEN BOX ; ; THRU TWINKLE ; THRU, SIDE, BEHIND ;

(9-12) ROLL 3 ; LADY ROLL ACROSS ; THRU TWINKLE ; THRU, FACE, CLOSE ;

(13-16) LEFT TURNING BOX ONE HALF ; ; BALANCE FWD ; & BACK ;

PART *B – 16 MEA

(1-4) WALTZ AWAY ; TURN IN FACE RLOD ; BACK WALTZ ; BALANCE BACK ;

(5-8) OPEN BOX ; ; THRU TWINKLE ; THRU, SIDE, BEHIND ;

(9-12) ROLL 3 ; LADY ROLL ACROSS ; THRU TWINKLE ; THRU, FACE, CLOSE ;

(13-16) LEFT TURNING BOX ONE HALF ; ; BALANCE FWD ; & BACK ;

END – 1 MEA

(1) SLOW APT, POINT ; ; ; See sheets 2 & 3 for fine print descriptions.

MEA (TIMING)	FIGURE	MAN'S PART	LADY'S PART
Introduction – 4 measures			
1-2	Wait ;;	In OFP-DLW hold, - - ; hold, - - ;	Hold, -, - ; hold, - - ;
3 (1, -, -)	Apt, point ;	Step apart L, point R twd prtnr, hold ; (keep lead hands joined)	Step apart R, point L twd prtnr, hold ;
4 (1, -, -)	Pickup, tch ;	Step tog R trng LF to CP-DLC, tch L to R, hold ;	Step tog L trng LF to CP, tch R to L, hold ;
Part A – 16 measures			
1-2	2 Left Turns ; ;	Fwd L trn LF, cont trn sd R, cl L (fc RLOD); Bk R trn LF, cont trn sd L, cl R to CP-DLW;	Bk R trn LF, cont trn sd L, cl R; Fwd L trn LF, cont trn sd R, cl L;
3-4	Box ;;	Fwd L, sd R, cl L : bk R, sd L, cl R ::CP –DLW ;	Bk R, sd L, cl R ; fwd L, sd R, cl L ;
5	Twist Vine 3 ;	Sd L slight rf trn ; XRIBL, sd L trng to BJO-DLW;	Sd R slight rf trn, XLIFR, sd R trng LF ;
6	Maneuver ;	Maneuver fwd R trng RF, sd L, cl R to CP-DRC;	Maneuver bk L trng RF, sd R, cl L to CP;
7-8	2 Right Turns ; ;	Comm RF trn bk L, cont trn sd R, cl L; comm. RF trn fwd R, cont trn sd L, cl R to CP-DLW;	Comm RF trn Bk R, cont trn sd L, cl R; comm. RF trn fwd L, cont trn sd R, cl L;
9-12	Interrupted Box ; ; ; ;	Repeat mea 3 ; leading lady to turn under joined lead hand repeat mea 4 ; Repeat mea 3 again and collect lady to CP ; Repeat mea 4 to CP-DLW;	Repeat mea 3 ; walking in a tight rf circle fwd L, R, L; R, L, R to CP; Repeat mea 4;
13 (1 - -)	Dip Back & hold;;	Dip back L, slight twist lf, hold ;	Dip fwd R, slight twist lf [optional leg crawl], hold ;
14 Man (1,-,-)	Recover to Sidecar ;	Recover R, rotate rf, con rf rotation and pt L twd sd ; to SCAR-DLC	Recover L, small sd R trng rf, cl L ;
15	Twinkle to Banjo ;	Fwd L, sd trng lf, cl ; to BJO-DLW	Bk R, sd trng lf, cl ;
16	Fwd, fc, cl ;	Fwd R trng rf,; sd, cl; to CP-Wall	Bk L trng rf, sd, cl ;
PART B – 8 measures			
1	Waltz Away ;	Turn away {lf} L, sd R, cl L to OP slightly bk to bk;	Turn away(rf) R, sd L, cl R ;
2	Turn in (fc RLOD) ;	Turn in (rf) R fc prtnr, cont trn L to fc RLOD , cl R to LOP – RLOD ;	Turn in (lf) L fc prtnr, cont trn R to fc RLOD, cl L;
3	Bk waltz ;	Bk L, bk R, cl L ;	Bk R, bk L, cl R ;
4	Balance Back ;	Bk R, bk L rise to toe, fwd R ;	Bk L, bk R rise to toe, fwd L ;
5-6	Open Box	Fwd L, sd (apt) R, cl L ; bk R, sd (tog) L, cl R ; still in LOP-RLOD	Fwd R, sd (apt) L, cl R ; bk L, sd (tog) R, cl L ;
7	Thru Twinkle ;	Thru L trng to fc prtnr, sd R, cl L to facing vee pos man fcg DLW but keep lead hands joined	Thru R trng to fc prtnr, sd L, cl R to facing vee pos lady fcg DLC w/ lead hands joined
8	Thru, Sd, Behind ;	Thru R, sd L to fc prtnr, XRIBL to LOFP-wall ;	Thru L, sd R to fc prtnr, XLIBR;

MEA (TIMING)	FIGURE	MAN'S PART	LADY'S PART
9	Roll 3 ;	Roll lf L, R, L ; use R hand to take lady's lead hand (or whatever you can get) adjust your ending position to catch lady to lead her into center.	Roll rf R, L, R ; give lead hand to man you should be facing more to center than DLC
10	Lady Roll Across ;	Take three steps (whatever you need to do to adjust to lady and lead her across you and into the center ending in LOP – LOD ;	Roll rf into the center L, R, L ;
11	Thru Twinkle ;	Thru L trng to fc prtnr, sd R, cl L to facing vee pos man fcg DRC but keep lead hands joined	Thru R trng to fc prtnr, sd L, cl R to facing vee pos lady fcg DRW w/ lead hands joined
12	Thru, Fc, Cl ;	Thru R trng to fc prtnr, sd L to CP, cl R ; to CP-DRC	Thru L trng to fc prtnr, sd L to CP, cl L ;
13-14	Left Trng Box a Half ; ;	Fwd L trn 1/4 lf, sd R, cl L ; Bk R trn 1/4 lf, sd L, cl R ; to CP-DLC	Bk R trn 1/4 lf, sd L, cl R ; Fwd L trn 1/4 lf, sd R, cl L ;
15	Balance Fwd ;	Fwd L, fwd R rising to toe, rec bk L ;	Bk R, bk L rising, rec fwd R ;
16 (1 st time)	Box Finish ;	Repeat part B mea 14 to CP-DLC ;	Repeat part B mea 14 ;
16 (2 nd & 3 rd)	Balance Bk ;	Bk R, bk R rising to toe, rec fwd R ;	Fwd L, fwd R rising, rec bk L ;
ENDING – 8 measures			
1 (1, -, -)	Apt , Point ;	Apt L, point R twd prtnr, hold ;	Apt R, point L twd prtnr, hold, ;

Notes:

1. In general, all forward or backward steps taken in BJO or SCAR should be taken using Contra Body Movement with Contra Body Movement Position of the feet. Therefore, no references to CBM or CBMP are noted in the fine print.
2. We dance our "forward" steps in semi-closed position as close to 100% sideward as we can. Therefore, step descriptions taken with the lead foot are written as side steps – most other teachers call these either forward or side and forward steps; we suppose because they are usually 'forward' toward line of progression.