

# YOU RAISE ME UP WALTZ IV

Choreographer: Monika Gründer, Aktienstr. 18, D - 47057 Duisburg Email: monikagruender@gmx.de  
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 + 2 (Running Open Nat; Dbl Rev Spin) + 1 (Sync Vine) speed to suit (+6%)  
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 Release: April 2018

---

## INTRO

### 1 - 4 In LOP M Facing Partner & DLW w/Leadfeet free Wait 3 Meas ; ; ; Step Together, Touch to CP, - :

- 1-3 **{Wait 3}** In LOP M fcg ptr & DLW w/ldft free wait, -, - ; wait, -, - ; wait, -, - ;  
4 **{Tog, Tch (1 - -)}** Step fwd L, tch R to L to CP DLW, - ;

## PART A

### 1 - 4 Right Lunge ; Hold, Recover, Slip ; Open Reverse Turn ; Back & Chasse to SCP :

- 1 **{R Lunge (1 - -)}** In CP DLW (2<sup>nd</sup> time: in CP LOD) lowering into L knee stp sd & fwd R, -, - ;  
2 **{Hold, Rec, Slip (- 23)}** Hold R Lunge, rec sd L, slip R bhnd L trng to CP DLC  
(*W hold lunge, rec sd R, swvlg LF on R stp fwd L outsd M's R ft trng to CP DLC*) ;  
3 **{Op Rev Trn}** In CP DLC stp fwd L start trng LF, cont trng sd & bk R,  
bk L (*W fwd R outsd ptr*) to BJO RLOD ;  
4 **{Bk, Chasse SCP (12&3)}** Stp bk R trng LF to fc WALL, sd L/cl R,  
sd & fwd L (*W sd & fwd R*) to SCP LOD ;

### 5 - 8 Running Open Natural ; Hover Corté ; Back Whisk ; Wing :

- 5 **{Running Op Nat (12&3)}** thru R start trng RF, sd & bk L to Fc RLOD/bk R leadg W outsd, bk L  
(*W thru L, fwd R/fwd L, fwd R outsd ptr*) ;  
6 **{Hover Corté}** bk R start trng LF, sd & fwd L risg cont trn to Fc LOD, rec bk R to BJO LOD ;  
7 **{Bk Whisk}** bk L, bk R, XLiB of R to SCP LOD (*W fwd R, fwd & sd L, XRib of L to SCP*) ;  
8 **{Wing (1 - -)}** thru & fwd R, draw L to R, tch L to R trng upper body LF to SCAR DLC  
(*W fwd L start crossing in front of M and trng slightly LF, fwd R around M cont trng,  
fwd L to SCAR DLC*) ;

### 9 - 12 Check Forward Lady Develope ; Recover & Touch ; Open Reverse Turn ; Back Waltz :

- 9 **{Ck Fwd Develope (1 - -)}** in SCAR DLC ck fwd L, -, -  
(*W ck bk R, bring L ft up to inside of R knee, extend L ft fwd*) ;  
10 **{Rec, Tch (1 - -)}** rec bk R, tch L to R, - ;  
11 **{Op Rev Trn}** blending to CP stp fwd L start trng LF, cont trng sd & bk R,  
bk L (*W fwd R outsd ptr*) to BJO RLOD ;  
12 **{Bk Waltz}** stp bk R blendg to CP, bk & sm sd L, cl R to L to CP RLOD ;

### 13 - 16 Impetus to SCP; Chair, Recover, Slip ; Telemark to SCP ; Pickup Lady Lock :

- 13 **{Impetus to SCP}** stp bk L start trng RF, cl R to L trng RF on L heel, fwd L to SCP DLC  
(*W stp fwd R between M's feet heel to toe pivoting 1/2 RF, sd & fwd L cont trng around M,  
fwd R to SCP*) ;  
14 **{Chair, Rec, Slip}** ck thru R to a fwd lunge, rec bk L, slip R bhnd L trng to CP DLC  
(*W ck thru L to a fwd lunge, rec bk R, swvlg LF on R stp fwd L outsd M's R ft*) ;  
15 **{Telemark to SCP}** stp fwd L, fwd R crossg in front of W trng 3/4 LF, fwd L to SCP DLW  
(*W stp bk R, draw L to R trng on R heel to DLW and changing weight to L, fwd R to SCP*) ;  
16 **{PU Lady Lk}** stp thru & fwd R, sm sd L trng slightly LF, 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 Spin Twice ; ; Hover to SCP ; Syncopated Vine to SCP ;**

- 1-2 **{Dbl Rev 2x (12-; 12-;)} 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 (W brush), sd & fwd L to SCP LOD ;
- 4 **{Sync Vine (123&)} 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 ; ;**

- 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 w/strong RF trn, fwd R to SCP DLC ;)

### **10 - 12 Weave to SCP ; ; Syncopated Vine to SCP ;**

- 10.11 **{Weave}** 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 (123&)} stp thru R trng to fc ptr, sd L & rise, XRib of L/sd L to SCP ;**

### **13 - 16 Fwd Hover to BJO ; Bk Hover to SCP ; Pickup in 3 ; Forward & Touch ;**

- 13 **{Fwd Hover to BJO}** stp thru & fwd R, fwd L & rise, rec bk R to BJO (W stp thru & fwd L, fwd & sm sd R rise trng ½ LF, rec fwd L to BJO) ;
- 14 **{Bk Hover 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 **{PU in 3}** stp thru & fwd R, sm sd L, cl R to L to CP LOD (W stp fwd L start trng LF, sd & bk R cont trng LF to fc ptr, cl L to R to CP) ;
- 16 **{Fwd, Tch (1 - -)}** stp fwd L, tch R to L, hold ;

## **PART B (MOD)**

### **1 - 4 Double Reverse Spin Twice ; ; 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 ; Forward Chasse to SCP ; I/O Runs to SCP DLC ; ;**

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

### **10 - 12 Weave to SCP ; ; Syncopated Vine to SCP ;**

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

### **13 - 16 Fwd Hover to BJO ; Bk Hover to SCP ; Maneuver ; 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 Maneuver ; 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 twd DLC lowering into knee, hold position up to the end of music

Quick Cues

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

**+ 6 %**

Start in LOP FCG M Fc WALL with leadfeet free

**INTRO**

1-4 Wait 3 ; ; ; Tog, Tch to CP, - ;

**A**

1-4 R Lunge; Hold, Rec, Slip; Open Rev Trn; Bk, Chasse to SCP;

5-8 Running Open Nat; Hvr Corté; Bk Whisk; Wing;

9-12 Ck Fwd, Lady Develope; Rec & Tch; Op Rev Trn; Bk Waltz;

13-16 Imp to SCP; Chair, Rec, Slip; Tele SCP; PU / Lady Lock ;

**B**

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

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

15-16 PU in 3 ; Fwd & Tch ;

**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