

# "YOU RAISE ME UP"

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**MUSIC:** "You Raise Me Up" from Josh Groban's *Closer*, Reprise CD 48450-2, Track #12.

**PHASE & RHYTHM:** Phase VI Slow Two Step [Contact Choreographer for Availability]

**SEQUENCE:** INTRO, A, B, A, B MOD, C, B MOD, END

## INTRO

### 1-4 **WAIT; FWD 2; FWD 2 / LADY SPIRAL & FWD; M FWD & TCH / W RIFF TRN TO FC;**

1 [WAIT] OP/SHAD M slightly in frt of W both rt ft free rt hds joined in frt of W (W's lt arm extended beh M) wait 1 ms;  
2 SS [FWD 2] Fwd R, \_\_, fwd L, \_\_ (W fwd R, \_\_, fwd L, \_\_);  
3 SS [FWD 2 / LADY SPIRAL & FWD] Fwd R, \_\_, fwd L, \_\_ (W fwd R spiral lf, \_\_, fwd L LOD, \_\_);  
4 S\_\_ (SS) [M FWD & TCH / W RIFF TRN] Fwd R, \_\_, tch L to R fc ptr & WALL, \_\_ (W fwd R spin rf, \_\_, cl L to R fc ptr & COH, \_\_);

## PART A

### 1-4 **BASICS;; LT TRN W/ INSD ROLL; TO FALLAWY BASIC;**

1 SQQ [BASICS] LOOSE CP sd L, \_\_, xRib, rec fwd L (W sd R, \_\_, xLib, rec fwd R);  
2 SQQ Sd R, \_\_, xLib, rec fwd R LOD (W sd L, \_\_, xRib, rec fwd L start lf trn);  
3 SQQ [LF TRN W/ INSD ROLL] Fwd L LOD lf trn, \_\_ sd R lead W underarm roll, xLif fc COH  
(W bk R lf trn, \_\_, fwd L LOD lf underarm roll, bk R fc WALL);  
4 SQQ [FALLAWY BASIC] Sd R, \_\_, bk L LOD cking FALLAWY POS, rec fwd R (W sd L, \_\_ bk R LOD cking FALLAWY POS, rec fwd L);

### 5-8 **M HOLD / W SWVL RF & CARESS; W FWD SPIRAL & RIFF TRN TO LOD; OP BRK TO HANDSHAKE; FOR PASSING OUTSD ROLL;**

5 \_\_ [M HOLD / W SWVL RF & CARESS] Pt L RLOD, \_\_, \_\_ (W swvl rf underarm on L to a caressing lt arm sweep, \_\_, \_\_, \_\_);  
6 SQQ [W FWD SPIRAL & RIFF TRN] Rec L rf trn, \_\_, sd R, cl L join lead hds fc LOD  
(W fwd R LOD lf spiral, \_\_, fwd L lf spin, cl R to L join lead hds fc RLOD);  
7 SQQ [OP BRK TO HANDSHAKE] LOP/LOD sd R, \_\_, brk apt L, rec fwd R release lead hds (W sd L, \_\_, brk apt R, rec fwd L);  
8 S\_\_ (SQQ) [PASSING OUTSD ROLL] Fwd L rt forearm contact, \_\_, hold & lead W rf underarm trn, join rt hds fc WALL  
(W fwd R rt forearm contact, \_\_, fwd L rf underarm trn, bk R join rt hds fc LOD);

### 9-12 **W RONDE TO LARIAT; & AROUND TO FC; RT HDS & SHAD BRK; M TCH / W CL & RUN 2;**

9 S\_\_ (SQQ) [W RONDE TO LARIAT] Rt hds joined lunge sd R cking lt arm extended bk & sd, \_\_, \_\_, \_\_  
(W lunge bk L lt hd on M's rt sh ronde R cw, \_\_, xRib, fwd L pass beh M);  
10 S\_\_ (SQQ) [LADY AROUND TO FC] Rise & cl L to R fc WALL, \_\_, \_\_, \_\_ (W fwd R lift & pass under M's lt arm, \_\_, fwd L, fwd R fc ptr & COH);  
11 SQQ [SHAD BK] Sd R join rt hds, \_\_, brk bk L, rec fwd R SHAD/LOD (W sd L join rt hds, \_\_, brk bk R, rec fwd L SHAD/LOD);  
12 \_\_QQ (SQQ) [M TCH / W CL & RUN 2] Tch L to R lift & release rt hds, \_\_, RT SWEETHEART POS fwd L, fwd R across ptr  
(W cl R to L lift & release rt hds, \_\_, fwd L, fwd R);

### 13-16 **SWEETHEART SWITCH 2T DOWN LOD;; LUNGE SWITCH TO RLOD; LUNGE SWITCH / W TRANS TO FC;**

13 SQQ [SWEETHEART SWITCHES] Fwd L across ptr rf trn, \_\_, LT SWEETHEART POS fwd R LOD, fwd L  
(W fwd L rf trn ptr across, \_\_, fwd R, fwd L);  
14 SQQ Cl R to L ptr across, \_\_, RT SWEETHEART POS fwd L LOD, fwd R (W fwd R across ptr, \_\_, fwd L, fwd R);  
15 SQQ [LUNGE SWITCH DOWN RLOD] Fwd L LOD rf trn, \_\_, LT SWEETHEART POS fwd R RLOD, fwd L  
(W fwd L LOD rf trn, \_\_, fwd R RLOD, fwd L);  
16 SQQ (SQ\_) [LUNGE SWITCH / W TRANS] Fwd R lf trn RT SWEETHEART POS, \_\_, fwd L fc ptr & WALL, cl R to L LOOSE CP  
(W fwd R lf trn RT SWEETHEART POS, \_\_, fwd L fc ptr & COH, tch R to L LOOSE CP);

## PART B

### 1-4 **BASICS;; TRAVEL RT TRN; TO OUTSD ROLL;**

1 SQQ [BASICS] LOOSE CP sd L, \_\_, xRib, rec fwd L (W sd R, \_\_, xLib, rec fwd R);  
2 SQQ Sd R, \_\_, xLib, rec fwd R LOD (W sd L, \_\_, xRib, rec fwd L);  
3 S\_\_ (SQQ) [TRAVEL RT TRN] Fwd L across ptr, rf trn on L ronde R cw lead W pass fwd LOD fc LOD LOOSE BJO, \_\_, \_\_, \_\_  
(W fwd R LOD, \_\_, fwd L rf around & passed ptr, fwd R LOOSE BJO fc RLOD);  
4 SQQ [OUTSD ROLL] Fwd R LOD outsd ptr, \_\_, sd L, xRif LOP fc WALL (W bk L ptr outsd LOD rf trn, \_\_, sd R rf underarm roll, bk L fc COH);

# "YOU RAISE ME UP" Cont.

**5-8** **LUNGE BASIC / W INSD ROLL; BASIC END; LF TRN TO BFY;**  
**BK BRK & WRAP W/ W'S HEAD LOOP;**  
5 SQQ **[LUNGE BASIC / W INSD ROLL]** Lunge Sd L cking ptr with rt hd beh W's bk, \_\_, rec sd R lead W lf underarm roll, xLif RLOD (W lunge sd R cking, \_\_, rec fwd L RLOD lf underarm roll, bk R fc ptr & COH);  
6 SQQ **[BASIC END]** LOOSE CP sd R, \_\_, xLib, rec fwd R LOD (W sd L, \_\_, xRib, rec fwd L LOD start lf trn);  
7 SQQ **[LF TRN]** Fwd L LOD lf trn, \_\_ sd R, xLif fc COH (W fwd R lf trn, \_\_, sd L, xRif fc WALL);  
8 SQQ **[BK BRK & WRAP W/ W'S HEAD LOOP]** Sd R loop M's rt W's lt hds over W's head placing hds on W's rt sh, \_\_, bk L, rec fwd R RLOD (W sd L loop M's rt W's lt hds over head, \_\_, bk R, rec fwd L RLOD);

**9-12** **UNDERARM TRN TO STACKED HDS; OP BRK; CHG SDS UNDER STACKED HDS;**  
**LUNGE BASIC;**  
9 SQQ **[UNDERARM TRN TO STACKED HDS]** Sd L, \_\_, xRib lead ptr under dbl hd hold, rec fwd L STACKED LT OVER RT HDS fc COH (W fwd R, \_\_, fwd L rf trn under dbl hd hold, fwd R STACKED HDS L over R fc ptr & WALL);  
10 SQQ **[OP BRK]** Sd R, \_\_, apt L, rec fwd R (W sd L, \_\_, apt R, rec fwd L);  
11 SQQ **[CHGS SDS UNDER STACKED HDS]** Fwd L COH chg sds lead W trn under stacked hds, \_\_, sd R, xLif dbl hd hold fc WALL (W fwd R WALL lf trn under stacked hds chg sds, \_\_, sd L, xRif fc COH);  
12 SQQ **[LUNGE BASIC]** Lunge sd R ½ OP/LOD, \_\_, rec fwd L, fwd R (W lunge sd L ½ OP/LOD, \_\_, rec fwd R, fwd L);

**13-16** **2 SWITCHES;; TO A HINGE; REV UNDERARM TRN / LADY FC & TCH;**  
13 SQQ **[SWITCHES]** Fwd L across ptr rf trn ½ LOP/LOD, \_\_, fwd R, fwd L (W fwd R ½ LOP/LOD, \_\_, fwd L, fwd R);  
14 SQQ Fwd R ½ OP/LOD, \_\_, fwd L, fwd R (W fwd L across ptr rf trn ½ OP/LOD, \_\_, fwd R, fwd L);  
15 S\_\_ (SS) **[HINGE]** Fwd L LOD rise w/ slight lf body trn, \_\_, lower on extend R sd RLOD, \_\_ (W fwd R lf trn, \_\_, xLib lower extend R fwd RLOD, \_\_);  
16 SQQ (SQ\_) **[REV UNDERARM TRN / W FC & FCH]** Rec R lead W lf underarm trn, \_\_, Sd L fc ptr & WALL, cl R to L LOOSE CP (W rec R lf underarm trn, \_\_, fwd L fc ptr & COH, tch R to L LOOSE CP);

## PART A

**1-4** **BASICS;; LT TRN W/ INSD ROLL; TO FALLAWY BASIC;**  
**5-8** **M HOLD / W SWVL RF & CARESS; W FWD SPIRAL & RIFF TRN TO LOD;**  
**OP BRK TO HANDSHAKE; FOR PASSING OUTSD ROLL;**  
**9-12** **W RONDE TO LARIAT; & AROUND TO FC; RT HDS & SHAD BRK;**  
**M TCH / W CK & RUN 2;**  
**13-16** **SWEETHEART SWITCH 2T DOWN LOD;; LUNGE SWITCH TO RLOD;**  
**LUNGE SWITCH / W FC & TCH;**

## PART B MOD

**1-4** **BASICS;; TRAVEL RT TRN; TO OUTSD ROLL;**  
**5-8** **LUNGE BASIC / W INSD ROLL; BASIC END; LF TRN TO BFY;**  
**BK BRK & WRAP W/ W'S HEAD LOOP;**  
**9-12** **UNDERARM TRN TO STACKED HDS; OP BRK; CHG SDS UNDER STACKED HDS;**  
**LUNGE BASIC;**  
**13-16** **2 SWITCHES;; TO A HINGE; W REV UNDERARM TRN;**  
16 QQ\_\_ (S\_\_) **[W REV UNDERARM TRN]** Rec R lead W rec, sd L lead W lf underarm swvl to BFY, \_\_, \_\_ (W rec fwd R, swvl lf underarm BFY fc LOD, \_\_, \_\_);  
**17-18** **& FWD SWVL KICK TO SLO RONDE; FOR CIR VINE 3 {"You Raise Me"};**  
17 SS (S\_\_) **[FWD SWVL KICK TO SLO RONDE]** Sd R LOD lead W lf swvl BFY, \_\_, rec sd L lead W swvl rf for slo ronde \_\_ (W fwd L LOD lf swvl, \_\_, kick R fwd RLOD rf swvl on L for slo ronde R cw, \_\_);  
18 \_\_QQQ **[CIR VINE 3]** BFY/WALL hold, cir rf vine on {"You Raise Me"} xRib, sd L, xRif fc COH (W BFY fc COH cont ronde R cw, cir rf vine on {"You Raise Me"} xRib, sd L, xRif fc WALL);

## PART C

**1-4** **TO SAME FT RONDE {"Up"} & VINE 2; SLO OPPOSITION X-CK;**  
**M BK 2 / W SWVL TO SAME FT LUNGE LINE; M REC / W FWD 2 FOR;**  
1 SQQ **[SAME FT RONDE & VINE 2]** BFY fc COH compress into ptr w/ rf rotation on {"Up"} sd L ronde R cw, \_\_, xRib, fwd L LOD join rt hds (W fc COH WALL in BFY compress into ptr w/ rf rotation sd L ronde R cw, \_\_, xRib, fwd L RLOD join rt hds);  
2 S\_\_ **[SLO OPPOSITION X-CK]** Rt hds joined x-ck R LOD extend lt arm fwd, \_\_, \_\_, \_\_ (W x-ck R RLOD extend lt arm fwd, \_\_, \_\_, \_\_);  
3 SS (\_\_) **[M BK 2 / W SWVL TO SAME FT LUNGE LINE]** Rec bk L lead W swvl lf underarm, \_\_, bk R LOOSE "L" POS fc WALL, \_\_ (W lf swvl on R under joined rt hds fc LOD, \_\_, extend L fwd LOOSE "L" POS fc LOD, \_\_);  
4 \_\_S ( \_\_QQ) **[M REC / W FWD 2]** Lower on R rt leg in frt of ptr extend L LOD, \_\_ rec fwd L LOD, tch R to L (W lower on R beh M's rt leg extend L LOD, \_\_ rec fwd L, fwd R LOD);

# "YOU RAISE ME UP" Cont.

## 5-8 **SLO SPIRAL; FIN SPIRAL / W OUT TO FC; OP BRK;** **TO LEG CRAWL & AROUND THE WORLD;**

- 5 \_\_\_\_\_ [SLO SPIRAL] Hold & lead W slo lf spiral, \_\_, \_\_, \_\_ (W slo spiral lf on R, \_\_, \_\_, \_\_);  
6 \_\_QQ [FIN SPIRAL / WOUT TO FC] Cont lead W slo lf spiral, \_\_, bk R, fwd L LOD join lead hds  
(W cont slo spiral lf on R, \_\_, fwd L LOD lf trn, cl R to L fc RLOD join lead hds);  
7 SQQ [OP BRK] Sd & fwd R, \_\_, brk apt L, rec fwd R LOD (W sd & bk L, \_\_, brk apt R, rec fwd L fc RLOD);  
8 S\_\_ [LEG CRAWL & AROUND THE WORLD] Blend to CP cl L to R & pt R sd & fwd, \_\_, shifting wt to both ft pl arms around W w/ hds on  
W's sh blades lower w/ ccw rotation rising after rotation, \_\_ (W blend to CP fwd R raise lt leg up sd of M's rt leg, \_\_, shifting wt to both ft pl hds  
on M's shs lower to lay back pos w/ ccw rotation rising after rotation, \_\_);

## 9-12 **& HOLD; RUD RONDE W/ SYNC UNDERARM TRN; SD BASIC;** **W SPT TRN 2T W/ NECK WRAP;**

- 9 S\_\_ [HOLD] Fin round the world & shift wt to L blend to normal CP/LOD, \_\_, \_\_, \_\_  
(W fin round the world & shift wt to R blend to normal CP fc RLOD, \_\_, \_\_, \_\_);  
10 S&QQ [RUD RONDE W/ SYNC UNDERARM TRN] Lunge fwd & sd R rf body rotation, \_\_/bk L RLOD, sd R, xLif fc WALL  
(W sd & bk L ronde R cw, \_\_/bk R lf trn, fwd L RLOD lf underarm trn, bk R fc COH);  
11 SQQ [SD BASIC] Sd R, \_\_ xLib, rec fwd R (W sd L, \_\_, xRib, rec fwd L);  
12 SQQ [W SPT TRN 2T W/ NECK WRAP] Lead hds joined sd L, \_\_, xRib lead W neck wrap rf into W's rt arm, \_\_, rec fwd L RLOD  
(W lead hds joined sd R, \_\_, fwd L neck wrap rf into rt arm, rec fwd R RLOD);

## 13-16 **& UNWRAP W/ SWVL FOR; 2 SLO X-SWVLS;; REV UNDERARM TRN / W FC & TCH;**

- 13 SQQ [UNWRAP W/ SWVL] Sd R, \_\_, rec sd L lead W lf trn to unwrap neck, lunge sd R RLOD lead W lf swvl to BFY fc DLW  
(W fwd L, \_\_, fwd R unwrap lf, fwd L LOD swvl lf to BFY fc DRC);  
14 S\_\_ [2 SLO X-SWVLS] BFY lunge sd L LOD lead W slo rf swvl fc DRW, \_\_, \_\_, \_\_ (W BFY fwd R RLOD slo swvl rf fc DLC, \_\_, \_\_, \_\_);  
15 S\_\_ BFY lunge sd R RLOD lead W slo lf swvl fc DLW, \_\_, \_\_, \_\_ (W BFY fwd L LOD slo swvl lf fc DRC, \_\_, \_\_, \_\_);  
16 \_\_QQ (SQ\_) [REV UNDERARM TRN / W FC & TCH] Hold & lead W lf underarm, \_\_, sd L fc ptr & WALL, cl R to L LOOSE CP  
(W fwd R RLOD lf underarm trn, \_\_, fwd L fc ptr & COH, tch R to L LOOSE CP);

## PART B MOD

### 1-4 **BASICS;; TRAVEL RT TRN; TO OUTSD ROLL;**

### 5-8 **LUNGE BASIC / W INSD ROLL; BASIC END; LF TRN TO BFY;** **BK BRK & WRAP W/ W'S HEAD LOOP;**

### 9-12 **UNDERARM TRN TO STACKED HDS; OP BRK; CHG SDS UNDER STACKED HDS;** **LUNGE BASIC;**

### 13-16 **2 SWITCHES;; TO A HINGE; W REV UNDERARM TRN;**

- 16 QQ\_ (S\_) [W REV UNDERARM TRN] Rec R lead W rec, sd L lead W lf underarm swvl to BFY, \_\_, \_\_  
(W rec fwd R, swvl lf underarm on R BFY fc LOD, \_\_, \_\_);

### 17-18 **& FWD SWVL KICK TO SLO RONDE; FOR CIR VINE 3 {"You Raise Me"};**

- 17 SS (S\_) [FWD SWVL KICK TO SLO RONDE] Sd R RLOD lead W lf swvl BFY, \_\_, sd L LOD lead W rf swvl for slo ronde, \_\_  
(W fwd L LOD lf swvl, \_\_, kick R fwd RLOD swvl rf on L for slo ronde R cw, \_\_);  
18 \_\_QQQ [CIR VINE 3] BFY/WALL hold, cir rf vine on {"You Raise Me"} xRib, sd L, xRif fc COH  
(W BFY fc COH cont ronde R cw, cir rf vine on {"You Raise Me"} xRib, sd L, xRif fc WALL);

## END

### 1-4 **TO SAME FT RONDE {"Up"} & VINE 2; SLO OPPOSITION X-CK;** **M BK 2 / LADY SWVL; LOWER TO SAME FT LUNGE LINE;**

- 1 SQQ [SAME FT RONDE & VINE 2] BFY fc COH compress into ptr w/ rf rotation on {"Up"} sd L ronde R cw, \_\_, xRib, on {1<sup>st</sup> Piano Note} fwd  
L LOD join rt hds (W fc WALL compress into ptr w/ rf rotation on {"Up"} sd L ronde R cw, \_\_, xRib, on {1<sup>st</sup> Piano Note} fwd L RLOD);  
2 S\_\_ [SLO OPPOSITION X-CK] Rt hds joined on {2<sup>nd</sup> Piano Note} x-ck R LOD extending lt arm fwd on {"To More"}, \_\_, \_\_, \_\_  
(W join rt hds on {2<sup>nd</sup> Piano Note} x-ck R RLOD extending lt arm fwd on {"To More"}, \_\_, \_\_, \_\_);  
3 SS (\_\_) [M BK 2 / LADY SWVL] On {"Than I"} rec bk L lead W swvl lf, \_\_, bk R fc WALL LOOSE "L" POS,  
(W on {"Than I"} lf swvl on R under joined rt hds fc LOD, \_\_, extend L fwd LOOSE "L" POS fc LOD, \_\_);  
4 \_\_\_\_\_ [LOWER TO SAME FT LUNGE LINE] On {"Can Be"} lower on R M's rt leg in frt of ptr extend L LOD, \_\_, \_\_, \_\_  
(W on {"Can Be"} lower on R beh M's rt leg extend L LOD, \_\_, \_\_, \_\_);

### 5-6 **REC TO SLO HINGE & EXTEND;;**

- 5 S\_\_ [REC TO SLO HINGE & EXTEND] On {"Piano Notes} rec fwd L, \_\_, lead W lf swvl, \_\_  
(W on {"Piano Notes"} rec fwd L, \_\_, slo swvl lf on L, \_\_);  
6 \_\_\_\_\_ Lower on L extend lt arm bk & up extend R leg RLOD, \_\_ (W lower on L pl rt hd on M's lt sh extend lt arm up & out extend R leg RLOD, \_\_);