

## Scarf Routine to “You Raise Me Up” by Josh Groban

I got this song from I-tunes. Be aware that there are many different versions of this song. The song I chose has a singing verse, an instrumental verse, and the chorus sang 4 times during the song.

Hold two colorful juggling scarves, one in each hand, down by sides of body  
Wait through the entire introduction of violin (My students sat and then stood right before piano began)  
As the piano begins to play, scarves makes small circles down at sides – 8 slow cts

### Part A (swaying pattern)

**When I am down and, oh my soul, so weary;**

On the word “down” move both scarves to the R, L, R, L, R, L, R, L for a total of 8x (I call this “River”)

**When troubles come and my heart burdened be;**

On the word “come,” move scarves L forward and R backward and switch 8x (I call this “Ski”)

**Then, I am still and wait here in the silence,**

On the word “still,” move scarves both to the L side of the body and switch to the R 8x (I call this “Matador”)

**Until you come and sit awhile with me.**

On the word “come,” hold scarves up and out at sides and circle to the L 3 cts, stopping on ct 4, then R 3 cts stopping on ct 4 and facing the front

### Part B (throwing pattern and step to corners)

**You raise me up, so I can stand on mountains;**

On the word “up,” toss R scarf above head and catch – this takes 2 cts, Continue this action L, R, L

**You raise me up, to walk on stormy seas;**

On the word “up,” toss R scarf above head and catch – this takes 2 cts, Continue this action L, R, L

**I am strong, when I am on your shoulders;**

On the word “strong,” step to the L diagonal with L foot and raise both scarves to L corner – 1 ct, bring feet together and flick scarves towards L corner 1 ct,

On the word “I” step back to original position facing front, lower scarves to sides – 1 ct, bring feet together – 1 ct

On the word “shoulders,” step forward with L foot towards audience and raise scarves up – 1 ct, bring feet together and flick scarves forward – 1 ct

At the end of “shoulders,” step back to original position facing front, lower scarves to sides – 1 ct, bring feet together – 1 ct

**You raise me up: To more than I can be.**

On the word “up,” step to the R diagonal with L foot and raise both scarves to the R corner – 1 ct, bring feet together and flick scarves towards R corner – 1 ct

On the word “more” step back to original position facing front, lower scarves to sides – 1 ct, bring feet together – 1 ct

On the word “be,” place both scarves in front at chest level and move them both in a continuous circular pattern to the counter clockwise – 8x (I call this “clock”)

### Repeat actions for Part A (swaying pattern)

instrumental – 32 counts

### Repeat actions for Part B (throwing pattern and step to corners)

**You raise me up, so I can stand on mountains;**

**You raise me up, to walk on stormy seas;**

**I am strong, when I am on your shoulders;**

**You raise me up: To more than I can be.** - \*after the scarves circle around, place scarves down at sides and pause

### **Part C** *\*The key of the music raises*

#### **You raise me up, so I can stand on mountains;**

On the word "up," cross both scarves above head and then uncross at shoulder level – do this a total of 8x

#### **You raise me up, to walk on stormy seas;**

On the word "up," cross both scarves below waist and then uncross at waist level – do this a total of 8x

#### **I am strong, when I am on your shoulders;**

Both arms move forward in big arm circles – 8x

#### **You raise me up: To more than I can be.**

Both scarves move in front of chest and flutter (one scarf up and one down – alternating quickly) – 16x

### **Repeat actions for Part B (throwing pattern and step to corners)**

You raise me up, so I can stand on mountains;

You raise me up, to walk on stormy seas;

I am strong, when I am on your shoulders;

You raise me up: To more than I can be. - \*after the scarves circle around, place scarves down at sides and pause

### **Ending**

#### **You raise me up**

On the word "up," step forward with the R foot and raise the R scarf above head and hold

#### **To more than I can...**

On the word "more," step forward with the L foot and raise the L scarf above head and hold

#### **Be**

On the word "be," move R foot to the R to make a straddle position and wave both scarves above the head like a flag 8x

Bring both scarves down to sides and bow