

Praise You

Count: 32

Wall: 4

Level: Improver

Choreographer: Helen Walker (USA) & Vickie Schermbeck Normile (USA) - April 2018

Music: Shackles - Mary Mary



RIGHT SIDE ROCK STEP INTO SYNCOPATED SAILOR SHUFFLES; WALK FORWARD RIGHT, LEFT; BOUNCE ON HEELS WITH ¼ TURN RIGHT

1&2& Rock right to right side, step left in place, cross right behind left, rock left to left side
3&4& Step right in place, cross left behind right, rock right to right side, step left foot in place
5, 6 Walk forward right, left
7&8 Bounce on heels turning ¼ right (ending weight on left) - 3:00

WALK BACK RIGHT, LEFT; COASTER STEP; ½ TURN TO RIGHT, KICKING RIGHT; COASTER STEP

1,2 Walk back right, left
3&4 Step back on right, step back on left, step forward on right
5, 6 Turning ½ to right - step back on left, kick right - 9:00
7&8 Step back on right, step back on left, step forward on right.

****Restart here – change 7&8 coaster step: take long step back on right, bring left to right with weight change to left – counting 7,8. Restart the dance.**

LEFT SIDE ROCK WITH SYNCOPATED WEAVE; 1/4 SAILOR; PADDLE TURN LEFT

1&2&3, 4 Rock left, recover right; cross left behind right, step right, step left over right, step right
5& 6 Turning ¼ to left: Cross left behind right, step right in place, rock left to left side
7, 8 Touch right toe out to side as you pivot on left foot turning 1/8 left; repeat to finish ¼ turn - 3:00

SAMBA STEPS; FORWARD MAMBO; COASTER STEP

1&2 Cross right over left, rock left to left side; rock right to right side;
3&4 Cross left over right, rock right to right side, rock left to left side
5&6 Rock right forward, recover left, step right next to left
7&8 Step back on left, step back on right, step forward on left - 3:00

END OF DANCE: SMILE AND BE GROOVY!!

****Restart during wall 6: At the end of the first 16 counts: Change count 7&8 coaster to long step back on right, bring left to right with weight change to left. Count changes to 7, 8. Restart the dance on the front wall!**

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