

# Praise You

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Jenny Constantine (UK)

Music: Praise You - Fatboy Slim



## SYNCOPATED STOMPS FORWARD AND PIVOTS

- &1-2 Jump weight onto left stepping in place, stomp right forward, hold  
&3&4 Repeat &1 twice moving slightly forward when weight is stepped onto left  
5-6 Stomp left to left side, hold  
&7&8 Turn  $\frac{1}{4}$  left step right to right keeping weight on left, pumping right hand down, pivot  $\frac{3}{4}$  left on left foot, step right foot to right side pump right hand down again, weight on right

## SIDE ROCK STEP AND BACK DIAGONAL SHUFFLES

- 9-10 Rock left foot to left side, rock weight back onto right  
11&12 Moving right diagonally backwards do a left shuffle (place left on right back diagonal, bring right to it, step back on left again)  
13-14 Rock right foot to right side, rock weight back on left.  
15&16 Moving left diagonally backward do a right shuffle

## ROCK, FULL TURN, KNEE AND HAND WORK

- 17-18 Rock left foot to left side, rock weight back onto right  
19-20 Cross left over right, unwind full turn. Weight on right  
21&22 Hitch left knee diagonally right slapping with right hand, move knee to left diagonal slapping with left hand, step left foot down.  
23&24 Hitch right knee diagonally left slapping with left hand, move knee to right diagonal slapping with right foot down, step right foot down.

## HIP BUMPS BACK WITH HAND MOTIONS

- 25&26 Step left foot slightly diagonally back pushing left hip out, bump hips to right, bump hips to left (move hands at the same time as hips at hip level)  
27&28 Step right foot slightly diagonally back pushing right hip out, bump hips to left, bump hips to right (move hands at the same time as hips in the air)  
29&30 Repeat 25&26  
31&32 Repeat 27&28

## VAUDEVILLE STEPS FORWARD

- &33&34 Step left foot back, kick right, step right foot down, cross left over right  
&35&36 Step right foot back, kick left, step left foot down, cross right over left  
&37&38 Repeat &33&34  
&39&40 Repeat &35&36 ending touching right next to left.

## KICKS FORWARD, KICK TURN, FORWARD SHUFFLE

- 41-42 Kick right foot forward low and then again a bit higher  
43&44 Turn  $\frac{1}{4}$  left on the ball of left foot lifting left heel up & down. (keep right foot in the air as you turn, turning it over as you move.) Turn another  $\frac{1}{8}$  left as before, turning leg over. Turn a final  $\frac{1}{8}$  left to face back, right leg should now be in bent arabesque (ish) position.  
45-46 Place right foot down behind left, kicking left foot forward. Step left foot down  
47&48 Right shuffle forward

## URNS AND HOLDS WITH ATTITUDE

- 49-50 Step left foot  $\frac{1}{4}$  left turning with it, hold  
51-52 Turn  $\frac{1}{2}$  right stepping right foot forward, hold.

53-54 Turn  $\frac{1}{4}$  left stepping left foot forward, turn  $\frac{1}{2}$  right stepping right foot forward.  
55-56 Step left foot forward, turn  $\frac{1}{2}$  right to face front stepping right foot forward

**STEP SIDE, HOLD, UNWIND  $\frac{3}{4}$  LEFT, STEP TURN, HIP BUMPS IN 'M' SHAPE.**

57-58 Step left to left side, bend both knees (putting hands on them), hold.  
59-60 Touch left toe behind right, unwind  $\frac{3}{4}$  left, weight on left  
61& Point right toe to right side, keep weight on left, bumping hips up right and left.  
62& Bend knees, weight even, bump hips right and left  
63& Put weight on right bump hips up right and left  
64 Touch left next to right

**REPEAT**

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