

# Practice What You Preach

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Simon Whincup (UK)

Musique: Long Sermon - Brad Paisley



## WALK, HOLD, WALK, BACK HITCHES

- 1-3 Walking forward right, left, right
- 4 Hold a beat
- 5-7 Walking forward left, right, left
- 8 Hitch up right knee
- &9 Step back on right foot, hitch left knee up
- &10 Step back on left foot, hitch right knee up

## TRIPLE FULL TURN, LOCK STEPS ON DIAGONAL

- 11-13 Triple full turn over right shoulder stepping right, left, right
- 14-16 Lock step on left diagonal stepping left forward, lock right behind, left forward
- 17-19 Lock step on right diagonal stepping right forward, lock left behind, right forward
- 20-22 Lock step on left diagonal stepping left forward, lock right behind, left forward
- 23-25 Bounce heels 3 times, making a  $\frac{1}{4}$  turn to your right

## SWIVEL HEELS, LOCK FORWARD AND TURN WITH HITCH

- 26 Swivel heels left
- 27 Swivel heels right
- 28 Bring heels to center
- 29-31 Lock step forward leading left forward, lock right behind and left forward
- & (Left foot is forward) pivot on ball of left making  $\frac{1}{4}$  turn to right
- 32 Hitch right knee up

## SIDE TOGETHER SIDE HITCH (TWICE), MAMBO ROCKS

- 33&34 Step right side, left together with right, step right foot to side
- 35 Hitch left knee up
- 36&37 Step left side, right together with left, step left foot to side
- 38 Hitch right knee up
- 39-41 Triple step full turn over right shoulder stepping right, left, right
- 42-44 Triple step full turn over left shoulder stepping left, right, left
- 45&46 Right mambo rock forward, step back on left, bring right together with left
- 47&48 Left mambo rock backward, back on left, step forward on right, bring left together with right

## REPEAT

## TAG

Instrumental music halfway through dance, at end of wall stop and dance this section

- 1&2 Mambo right forward rock, step back on left, bring right together with left
- 3&4 Mambo left back rock, rock back on left, step forward on right, bring left together with right
- 5 Step right foot forward
- 6  $\frac{1}{2}$  turn left over left shoulder
- 7-9 Triple step right, left, right
- 10&11 Mambo on left forward, step back on right, bring left together with right
- 12&13 Mambo back on right foot, rock back on right, step forward on left, bring left together with right
- 14 Step left forward

15                    ½ turn right over right shoulder

16&17                Triple step left, right, left

**Repeat again one more time, then continue with normal dance**

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