

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
