

# Praise Jesus

拍数: 64      墙数: 2      级数: Low Intermediate  
编舞者: Mark Cosenza (USA) - March 2018  
音乐: Hallelujah - The Refreshments



## (1 – 8) Forward Strolls, 1/4 Pivot Forward Sailor

1 – 2      Cross Forward Right, Hold and Swing Left Arm up Towards Right Shoulder  
3 – 4      Cross Forward Left, Hold and Swing Right Arm up Towards Left Shoulder  
5, 6, 7, 8      Pivoting ¼ L, Cross R over L, Step back L, Step side R, Hold

## (9 - 16) Step Forward, Kick Forward, Cross Behind, Cross In Front

1 - 2      Step L Forward Diagonal Right (facing diagonal right), Hold  
3 – 4      Kick R Forward Diagonal Right, Hold  
5, 6, 7, 8      Cross R behind L (squaring off to 9:00 wall), Step L side L, Cross R across L, Hold

**Additional Styling Option: On Count 3 during the chorus when they sing "Hallelujah", raise both hands in the air.**

## (17 – 24) Side Rock & Recover, Cross, Step, Cross, ½ Turn Twists

1 – 2      Side Rock L, Recover R  
3, 4, 5      Cross L over R, Step R side R, Cross L over R  
6, 7, 8      Pivoting ½ R, Twist Heels L, R, L (Bending your knees slightly for style) – Shift your weight to the L foot

## (25 – 32) Step Behind Tap, Recover Step & Swivet

1, 2, 3, 4      Step R Fwd, Cross Tap L behind R, Step L Down, Step R Down  
5, 6      Hold, Swivet R: Weight on R Heel, Twist R Toes R & On Balls of L, Twist L Heel L  
7, 8      Center back and step down on both feet, Hold

## (33 - 40) Diagonal Triples Forward To The Right and Forward To The Left

1, 2, 3, 4      Moving diagonal right, Step R forward, Step L next to R, Step R Forward, Hold  
5, 6, 7, 8      Moving diagonal left, Step L forward, Step R next to L, Step L Forward, Hold

**(For additional styling, "shoop" your arms slightly up on the odd counts)**

## (41 - 48) Cross Rock ¼ Turn, Step ½ Turn

1, 2, 3, 4      Cross Rock R over L, Recover L as you pivot ¼ Turn Right, Step Forward R, Hold  
5, 6, 7, 8      Step L Forward and Pivot ½ Turn Right, Step R, Step L Forward, Hold

## (49 - 56) Side Rock & Recover, Cross, Step, Cross, ½ Turn Twists

1, 2, 3, 4      Side Rock R, Recover L, Cross R over L, Hold  
5, 6, 7, 8      Pivoting ½ L, Twist Heels R, L, R (Bending your knees slightly for style) – Shift your weight to the right foot, Hold

## (57 - 64) Kick Ball Step, Full Triple Forward

1, 2, 3, 4      Kick L Forward, Step Down on L, Step Forward R, Hold  
5, 6, 7      Take a Large Step Side L, Slide R towards L  
8      Hold

**Ending: After Count 3 (Kick), Hold (4), then Step Back on R (5), Hold (6), Step back on L (7) and raise your arms in the air (8),**

**Begin Again**

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