

Prayer

拍数: 32 墙数: 4 级数: Improver
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音乐: The Prayer - Aaron Watson : (Album: Underdog - iTunes)



Rumba with shuffles left and right

1 2 R foot R, L close to R
3&4 R fw, L beside R, R fw
5 6 L to L, R close to L
7&8 L back, R beside L, L back

Back rock, step fw, out out, cross unwind

1 2 R back, Recover to L
3 4 walk fw R & L
& 5 6 R to R, L to L, R fw
7 8 cross L over R, 1/2 turn R, weight on L foot.

Vine eight 1/4 turn R

1 - 8 R to R, cross L behind R, 1/4 turn R stepping R FW, L fw turn 1/2 R stepping R fw, 1/4 turn R stepping L to L, R cross behind left, 1/4 L stepping L fw

Step slide behind side cross, side rock behind side

1 2 R to R, drag L to R
3 & 4 cross L behind R, R to R, cross left in front of R
5 6 R to R, Recover to L
7 8 cross R behind L, step L to L

TAGS:

Modified Monterey turn:

1 2 3 4 Point R to R, turn 1/4 R stepping R next to L, Point L to L, step L next to R
5 6 Point R to R, turn 1/4 R keeping weight on L

Tag used as:

Ct 1 – 6 after walls 1 2 3
Ct 1 – 4 after walls 5 6
Ct 1 – 2 after walls 7 8

Ending: Dance up to count 8 slow down with music, then unwind to front