

Pray For Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Phrased Improver
编舞者: Dans & Moro (NOR), Heidi Brenden (NOR) & Siv Anita Jørstad (NOR) - April 2020
音乐: Pray For Me - Kristin Husøy



Part A: 16 count 4 wall: Section 1

Walk forward R, L, Sailor 1/2 turn, Kick cross rock recover x2

1, 2, 3 Step fwd RF(1)step fwd LF(2)Cross RF behind LF(3) 12:00
& 4 Make ½ turn Right, stepping LF to left side(&) Step RF fwd(4) 06:00
5 & 6 kick LF fwd(5)cross LF in front of RF(&)rock RF back to R diagonal(6)
& Recover on LF (&)
7 & 8 Kick RF fwd(7)cross RF in front of LF(&)Rock LF back to left diagonal(8) 06:00
& Recover on RF

Part A: Section 2

Jazzbox ¼ turn, side touches, step together, Kneepop

1, 2 Cross LF in front of RF(1)Step RF bwd(2)
3, 4 step LF ¼ turn L(3) Cross RF in front of LF(4) 03:00
5 & 6 Point LF to L side(5) Close LF next RF(&) Point RF to R side(6)
& 7 Close RF next to LF(&)Point LF to L side(7)
8 Drag LF next to RF while popping R Knee(8) 03:00

Part B: 16 counts 2 wall: Section 1

Diamondshape turn, Chasse left

1 Make with RF a large step fwd towards right diagonal (07:30) while turning left facing 13:30
2 Close LF next to right
3 Make with LF a large step diagonally forward facing 16:30
4 Close RF next to left
5 Make with RF a large step right while turning left facing 06:00
6 Touch LF next to Right
7 & 8 Step LF to left side(1)close RF next to left(&) Step LF to left side(2) 06:00

Part B: Section 2

Chasse L, Skate x4, Mambo step, Coaster step

1 Step RF fwd while twisting feet and body to right diagonal(3)
2 Step LF fwd While twisting feet and body to left diagonal(4)
3, 4 Repete 1, 2
5 & 6 press RF fwd(5) recover on LF(&)Step RF back(6)
7 & 8 Step LF back(7)Close RF next to Left(&)Step LF fwd(8)

Note1 : First time you dance BB you will be facing 06:00 Second time you will be facing 12:00

Note2: There is 2 short breaks in the music: Break 1 is 4 counts, you have time to do a bodyroll ore optional hip roll.

Break 2 is only 2 counts but you can still do a bodyroll/hip roll□

Enjoy

Sequence: AA BB AAA Break 1 AAA Break 2 BB AA Break 2 A

Ending: Bodyroll facing 09:00

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Last Update - 5 May 2022
