# **Pray For Me**



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	lake with RF a large step fwd towards right diagonal (07:30) while turning left facing 13:3	n

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

Step RF fwd while twisting feet and body to right diagonal(3)

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

Contact: Heidi.brenden1970@gmail.com