

One Prayer

拍数: 32 墙数: 4 级数: Improver
编舞者: Marianne van der Toorn Vrijthoff (NL) - January 2021
音乐: One World, One Prayer (feat. Skip Marley, Farruko, Shaggy & Cedella Marley) -
The Wailers



Intro: 16 Counts

Sec 1: R Dorothy Step, L Dorothy Step, Rock fwd, Recover, Side Rock, Recover, Back Rock, Recover, Cross

1-2& RF. Step diagonal R forward - LF. Lock behind RF - RF. Step diagonal R forward
3-4& LF. Step diagonal L forward - RF. Lock behind LF - LF. Step diagonal L forward
5&6& RF. Rock forward - LF. Recover - RF. Side Rock - LF. Recover
7&8 RF. Back rock - LF. Recover - RF. Cross over LF

Sec 2: Side Rock, Recover, Sailor 1/4 Turn L, Step fwd, Pivot 1/2 Turn L, Shuffle 1/2 Turn L

1-2 LF. Side rock - RF. Recover
3&4 LF. 1/4 Turn L cross behind RF - RF. Step together - LF. Step forward (9:00)
5-6 RF. Step forward - Pivot 1/2 turn L (3:00)
7&8 Shuffle 1/2 turn L stepping R-L-R (9:00)

Sec 3: Walk L.R Back, Coaster Step, Rock fwd, Recover, 1/4 Turn R, Rock fwd, Recover, 1/2 Turn L

1-2 LF. Step back - RF. Step back
3&4 LF. Step back - RF. Step together - LF. Step forward
5&6 RF. Rock forward - LF. Recover - RF. 1/4 Turn R step to R side (12:00)
7&8 LF. Rock forward - RF. Recover - LF. 1/2 Turn L step forward (6:00)

Sec 4: Step fwd, 1/4 Turn L, Cross Shuffle, L Mambo, Together, R Mambo, Touch

1-2 RF. Step forward - 1/4 Turn L (3:00)
3&4 RF. Cross over LF - LF. Step to L side - RF. Cross over LF
5&6 LF. Side rock - RF. Recover - LF. Step together
7&8 RF. Side rock - LF. Recover - RF. Touch toe beside LF

Start Again

Ending: Dance the 9th wall up to and including count 14, count 6 of the 2th block, then do (3:00)

7&8 RF. Step forward - 1/4 Turn L - RF. Cross over LF (12:00)

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