

I Wanna Praise You

拍数: 32 墙数: 4 级数: Beginner
编舞者: Rebecca Lee (MY) & Daniel Trepal (NL) - May 2023
音乐: Shackles (Praise You) - Malarkey



Intro: 16 counts from first beat in music (app. 8 seconds into track)

[1 – 8] V Steps, Rocking Chair

- 1 – 2 Step R diagonally R out (1), Step L out to L side (2) 12:00
- 3 – 4 Step R back to centre (3), Step L next to R (4) 12:00
- 5 – 6 Rock R forward (5), Recover on L (6) (Option: Put hands like you are holding a partner) 12:00
- 7 – 8 Rock R back (7), Recover on L (8) (Option: Put hands like you are holding a partner) 12:00

[9 – 16] Continues Jazz Boxes, ¼ Turn L, Step L, Cross Rock

- 1 – 3 Cross R over L (1), Step L back (2), Step R diagonal R back (3) 12:00
- 4 – 6 Cross L over R (4), Step R back (5), Turn ¼ L stepping L to L side (6) 9:00
- 7 – 8 Cross Rock R over L (7), Recover on L (8) 9:00

[17 – 24] Side & Touch 2x, Step R, Hip Sways R L R L

- 1 – 2 Step R to R side (1), Touch L next to R (2) 9:00
- 3 – 4 Step L to L side (3), Touch R next to L (4) 9:00
- 5 – 8 Step R to R side & sway hip to R (5), Recover on L & sway hip to L (6) Recover on R & sway hip to R (7), Recover on L & sway hip to L (8)

(Option: raising both hands up (5 – 8) 9:00)

[25 – 32] Cross & Touch Side 2x, Pivot ½ Turn L, Walk R L

- 1 – 2 Cross R over L (1), Touch L to L side (2) 9:00
- 3 – 4 Cross L over R (3), Touch R to R side (4) 9:00
- 5 – 6 Step R forward (5), Turn ½ L stepping on L (6) 3:00
- 7 – 8 Step R forward (7), Step L forward (8) 3 :00