

Praying Easy

拍数: 32 墙数: 4 级数: Improver
编舞者: Isabelle Guimiot (CAN) - September 2023
音乐: Praying - Kesha



Intro: 16 counts - No tags, no restarts.

[1 – 8] Step fwd, mambo ½ turn, run, run, ½ turn sweep, behind side cross sweep cross ¼ turn

- 1 Step R fwd (12:00)
- 2 & 3 Rock L fwd, recover R, ½ turn left step L fwd (6:00)
- 4 & Run R fwd, run L fwd (6:00)
- 5 ½ turn left step R back, sweep L foot back (12:00)
- 6 & 7 Cross L behind R, step R to R, cross L over R and sweep R foot fwd (12:00)
- 8 & Cross R over L, ¼ turn right step L back (3:00)

[9 - 16] Side rock, cross, side, basic left, basic right, step side, rock back diagonal.

- 1 2 & 3 Rock R to R side, recover L, cross R over L, step L to L (3:00)
- 4 & Step R slightly back, cross L over R (3:00)
- 5 6 & Step R to R, step L slightly back, cross R over L (3:00)
- 7 8 & Step L to L, ⅛ turn right rock R back, recover L (4:30)

[17 - 24] Walk sweep, walk sweep, step fwd, step together, step together, step back sweep, step back sweep, step back sweep, coaster step ⅛ turn.

- 1 2 3 Step R fwd, sweep L fwd, step L fwd, sweep R fwd, step R fwd (4:30)
- 4 & 5 Step L together, step R together step L back, sweep R back (4:30)
- 6 7 Step R back sweep L back, step L back sweep R back (4:30)
- 8 & ⅛ turn right step R back, step L together (6:00)

[25 - 32] Run run run, step ¾ turn, sailor step, coaster step.

- 1 Step R fwd (6:00)
- 2 & 3 Run L fwd, run R fwd, run L fwd (6:00)
- 4 & 5 Step R fwd, ½ turn left recover L, ¼ turn left step R to R (9:00)
- 6 & 7 Sweep L back step L back, step R to R, step L to L (9:00)
- 8 & Step R back, step L together (9:00)

Enjoy!

Note: you can have a look at the original choreography “Praying”, intermediate level, same steps but it turns a lot more :)