

# Praise

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Praise (Radio Version) - Elevation Worship



**Intro: 24 Counts, Start at approx 10 secs**

## SEC 1 Full Volta Turn x2

- 1&      Turn ¼ right step right forward, step left beside right (3:00)
- 2&      Turn ¼ right step right forward, step left beside right (6:00)
- 3&      Turn ¼ right step right forward, step left beside right (9:00)
- 4&      Turn ¼ right step right forward, step left beside right (12:00)
- 5&      Turn ¼ right step right forward, step left beside right (3:00)
- 6&      Turn ¼ right step right forward, step left beside right (6:00)
- 7&      Turn ¼ right step right forward, step left beside right (9:00)
- 8        Turn ¼ right step right forward (12:00)

## SEC 2 Cross, Side, ¼ Sailor, Jump Forward, Hold, Jump Together, Hold

- 1-2      Cross left over right, step right to right
- 3&4      Turn ¼ left step left behind right, step right to right, step left forward (9:00)
- &5-6      Step right forward, step left to left, hold
- &7-8      Step right beside left, step left beside right, hold

## SEC 3 Side Rock, ¼ Sailor, Reverse Full Turn, Coaster Step

- 1-2      Rock right to right, recover weight onto left
- 3&4      Turn ¼ right step right behind left, step left to left, step right forward (12:00)
- 5-6      Turn ½ left step left forward, turn ½ left step right back
- 7&8      Step left back, step right beside left, step left forward (12:00)

## SEC 4 Heel & Toe & Heel & Toe & Brush, Touch Back, Clap, ½ Unwind

- 1&2&      Touch right heel forward, step right beside left, touch left behind right, step left back
- 3&4&      Touch right heel forward, step right beside left, touch left behind right, step left back
- 5-6      Brush right forward, touch right back
- 7-8      Clap hands above head, unwind ½ right keeping weight on left (6:00)

**Restart Here on Wall 2**

## SEC 5 Diagonal Shuffle, Diagonal Shuffle, Diagonal Back Shuffle, Diagonal Back Shuffle

- 1&2      Step right forward to right diagonal, step left beside right, step right forward to right diagonal
- 3&4      Step left forward to left diagonal, step right beside left, step left forward to left diagonal
- 5&6      Step right back to right diagonal, step left beside right, step right back to right diagonal
- 7&8      Step left back to left diagonal, step right beside left, step left back to left diagonal

## SEC 6 Back Rock, Full Turn Triple, Back Rock, Step, ½ Pivot

- 1-2      Rock right back, recover weight onto left
- 3&4      Turn ½ left step right beside left, turn ½ left step left beside right, step right beside left (6:00)
- 5-6      Rock left back, recover weight onto right
- 7-8      Step left forward, pivot ½ right transferring weight on to right (12:00)

## SEC 7 Modified Weave, Side Rock, Weave

- 1-2      Cross left over right, hold
- &3&4      Step right to right, step left behind right, step right to right, cross left over right
- 5-6      Rock right to right, recover weight onto left

7&8 Step right behind left, step left to left, cross right over left

**SEC 8 Ball Cross Rock, ¼ Shuffle, Step, ½ Pivot, Step, Side**

1-2 Step left to left, cross rock right over left, recover weight onto left

3&4 Step right to right, step left beside right, turn ¼ right step right forward (3:00)

5-6 Step left forward, pivot ½ right transferring weight on to right (9:00)

7-8 Step left forward, step right to right keeping weight split between feet

**Tag At the end of Walls 1, 3 and 4**

**Cross Arms, Body Pulse, Raise Arms**

1-2 With arms at shoulder height bend right arm across body, bend left arm across body

3-4 Separate arms as push body forward, contract body bringing arms back together

5-6-7-8 Circle both arms down and out to sides ending with hands together above head

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