

Praise You

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Tim Johnson (UK) - September 2024
音乐: Shackles (Praise You) - Coby James & Evvie McKinney



Intro: 16 counts

Phrasing A, B, A, B, 16counts A restart, 16 counts B restart, B, B, A

Section A – 32 Counts

A1: Walk R, L, ¼ point & side, weave, R to right side, ¼ L to left side

- 1-2 Step forward R (1), Step forward L (2)
3&4 Making a ¼ turn left, point R to right side (3) touch R next to L (&) Take a big step to the right with R, dragging left upto R (4) [9:00]
5&6 Step L behind R (5) Step R to right side (&) Step L over R (6)
7-8 Step R out to right side (7) Making a ¼ turn left, Step L to left side (8) [6:00]

A2: Cross R, 1/8th point L, L shuffle, Cross R, 1/4 , 1/2 , Step forward L

- 1-2 Cross R over L (1) Making an 1/8th turn right, touch L to left side (2) [7:30]
3&4 Step forward on L (3) Step R behind L (&) Step forward on L (4)
5-6 Making an 1/8th turn right, cross R over L (5) Making a ¼ turn right, step back on L (6) [12:00]
7-8 Making A 1/2 turn right, step forward on R (7) Step forward L (8) [6:00]

*Restart on wall 5 happens here

A3: R rock recover & ½ , ¼ point L & R point, weave

- 1-2& Rock R forward (1) Recover weight back on L (2) Step R next to L (&)
3-4 Step L forward (3) Making a ½ turn right, take weight onto R (4) [12:00]
5&6 Making a ¼ turn right, point L out to left side (5) Step L next to R (&) Point R out to right side (6) [3:00]
7&8 Step R behind L (7) Step L to left side (&) Cross R over L (8)

A4: Step forward L ¼ , Step forward R ¼ , L shuffle, R ½ , camel walks R, L

- 1-2 Making a ¼ turn to the left, step forward on L (1) Making a ¼ turn to the left, step forward on R (2) [9:00]
3&4 Step forward on L (3) Step R behind L (&) Step forward on L (4)
5-6 Step forward on R (5) Making a ½ turn left, take weight onto L (6) [3:00]
7-8 Step forward on R as you pop left knee forward (7) Step forward on L as you pop right knee forward (8)

end of A

Section B – 32 Counts

B1: Walk R, L, Brush R out, out, heel twist R, heel twist L, R heel, toe, hitch

- 1-2 Walk forward R (1), Walk forward L (2)
3&4 Brush R foot through (3) Step R out to right side (&) Step L out to left side (4)
5&6& Twist R heel towards L (5) Twist R heel back in place (&) Twist L heel towards R (6) Twist L heel back in place (&)
7&8 Step R heel towards L (7) Step R toe towards L (&) Hitch R knee (8)

B2: Cross rock R, recover, &, L cross, side R, rock back 1/8 on L, recover, triple ½ turn L,R,L

- 1-2& Cross rock R over L (1) recover weight onto L (2) Step R to right side (&)
3-4 Cross L over R (3) Step R to right side (4)

- 5-6 Angling your body an 1/8th to the left, rock back on L (5) squaring back up, recover your weight onto the R (5)
- 7&8 Making a 1/6th of a turn right, step back on L (7) Making a 1/6th of a turn right, step forward on R (&) Making a 1/6th of a turn right, step back on L (8) [6:00]

***Restart on wall 6 happens here**

**** optional arms on counts 1-2 & 5-6, song will sing "I just want to praise you" with both palm facing up you can slow bring both arms up over the two counts as you rock, recover.**

B3: R side, &, L side, &, touch R forward , &, touch L forward, ¼ heel bounce

- 1&2& Point R out to right side (1) Step R next to L (&) Point L to left side (2) Step L next to R (&)
- 3&4 Touch R forward (3) step R next to L (&) keeping weight on R, touch L forward (4)
- 5-6-7-8 Making a 1/16 turn right, bounce heels to the L (5) Making a 1/16 turn right, bounce heels to the L (6) Making a 1/16 turn right, bounce heels to the L (7) Making a 1/16 turn right, bounce heels to the L (8) [9:00]

**** optional arms on counts 5,6,7,8, song will sing about raising your hands, you can raise both arms clockwise from left hip to above your head.**

B4: Cross rock L, recover, & R cross, side L, rock back 1/8 on R, recover, 1/4 , 1/4

- 1-2& Cross rock L over R (1) recover weight onto R (2) Step L to left side (&)
- 3-4 Cross R over L (3) Step L to left side (4)
- 5-6 Angling your body an 1/8th to the right, rock back on the R (5) squaring back up, recover weight onto the L (6)
- 7-8 Making a ¼ turn left, step back on R (7) Making a ¼ turn left, step forward on L (8) [3:00]

Ending – Dance will end on wall 9 (section A facing 6:00) dance Section A for 16 counts, bringing you to 12:00, Step R forward and bounce heel as you raise both arms up from the waist.

**** optional arms on counts 1-2 & 5-6, song will sing "I just want to praise you" with both palm facing up you can slow bring both arms up over the two counts as you rock, recover.**

End of dance

Smile and enjoy ☐
