

Prayer in C

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Francien Sittrop (NL) - September 2014
音樂: Prayer in C (Robin Schulz Radio Edit) - Lilly Wood & The Prick & Robin Schulz



Intro: 32 Counts from the Heavy Beat

[1 – 8] □ Heel Grind, Recover, Kick Ball Step, Side Rock Recover, Behind , Side, Cross

1 – 2 Turn On R Heel from L to R , Recover on L
3 & 4 Kick R fwd, Step R down., Step L next to R
5 – 6 Rock R to R side, Recover on L
7 & 8 Step R behind L, Step L to L side, Step R across L

[9 – 16] □ Monterey ¼ Turn L, Kick Ball Step, Rock fwd, Recover, Triple Full Turn R

1 – 2 Touch L to L side, ¼ Turn L step L next to R
3 & 4 Kick R fwd , Step R down, Step L next to R
5 – 6 Rock R fwd , Recover on L
7 & 8 Triple Full Turn R with R,L,R (Easier Option: Coaster step)

[17-24] □ Rock Recover, Shuffle ½ Turn L, Rock Recover, Coaster Cross

1 – 2 Rock L fwd, Recover on R
3 & 4 ¼ Turn L step L to L side, Step R next to L , ¼ Turn L step L fwd
5 – 6 Rock R fwd, Recover on L
7 & 8 Step R back, Step L next to R, Step R across L

[25-32] □ Side, Hold, Ball Cross, Side, Sailor Cross ½ Turn L, Hip sways

1 – 2 Step L to L side, Hold
&3-4 Step R next to L, Step L across R, Step R to R side
5 & 6 Sweep L behind R with ½ Turn L, Step R to R side, Step L across R
7 – 8 Step R to R side and sway Hips R, L

[33-40] □ Side, Together, Shuffle Fwd, Side, Together, Walks Back L, R

1 – 2 Step R to R side, Step L next to R
3 & 4 Step R fwd, Step L next to R, Step R fwd
5 – 6 Step L to L side, Step R next to L
7 – 8 Step L back, Step R back

[41-48] □ Out, Out , In, Rock Back, Recover, Kick Ball Cross, Kick Ball Cross

&1-2 Step L out, Step R out, Step L in
3 – 4 Rock R back, Recover on L
5 & 6 Kick R fwd, Step R down, Step L across R
7 & 8 Kick R fwd, Step R down, Step L across R

[49-56] □ Side, Hold, Ball Side Shuffle, Cross Rock Recover, ¼ Turn L Shuffle fwd

1-2& Step R to R side, Hold, Step L next to R
3 & 4 Step R to R side, Step L next to R, Step R to R side
5 – 6 Cross Rock L over R, Recover on R
7 & 8 ¼ Turn L step L fwd, Step R next to L, Step L fwd

[57-64] □ Full Turn L, Step fwd, Pivot ¼ L, Cross Point, Kick Ball Point

1 – 2 ½ Turn L step R back, ½ Turn L step L fwd
3 – 4 Step R fwd, ¼ Turn L

5 - 6 Step R across L, Point L to L side
7 & 8 Kick L fwd, Step L down, Point R to R side

Start Again

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Last Update - 7th Sept 2014
