

# Praying

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Jessica van Ostaeyen (DE) - March 2017  
音樂: Praying - Tom Grennan



Start after 16 counts (10 secs – just before lyrics start!)

**[1-8] Jazz Box L, Rock Fwd L, ½ Turn L, Point, Hold**

- 1-2              cross left over right, step back on right
- 3-4              step left to left, step right forward
- 5-6              rock forward on left foot, ½ turn over left shoulder (weight on right)
- 7-8              point left foot forward, hold

**Restart Here On Walls 2 & 6**

**[9-16] Lock Step L, Step-Touch, ¼ Turn R, Hold**

- 1-2              step left forward, lock right foot behind left, step left forward
- 3-4              step left forward, step right forward
- 5-6              touch left behind right foot, step back with left
- 7-8              ¼ right on right, hold (optional: open arms hands facing heaven)

**Restart Here On Wall 4**

**[17-24] Grapevine R, Touch, ½ Turn Left, Touch, Step**

- 1-2              cross left over right, step right to right
- 3-4              cross left behind right, step right to right
- 5-6              touch left foot besides right foot, ½ left with left foot
- 7-8              touch right foot besides left foot, step right to right

**[25-32] Lock Step L Back, Slow Coaster Step, Walk 2x**

- 1-2              step back with left foot, lock right foot in front of left foot
- 3-4              step back with left foot, step back with right foot
- 5-6              close left foot besides right, step forward on right foot
- 7-8              walk forward left, right

**Insert Tag Here After Wall 8:**

- 1-2              step left forward, go down with right knee (genuflection)
- 3-4              come up again and put weight on right foot

**Restarts: Restart After 8 Counts On Wall 2 & 6, Restart After 16 Counts On Wall 4**

**Tag: Insert Tag At The End Of The 8th Wall**

**Contact: [jessica@anima-physio.com](mailto:jessica@anima-physio.com)**