

I Gotta Praise

拍數: 32 牆數: 2 級數: Easy Intermediate
編舞者: Lesley Kidd (UK) & Hayley Goy (UK) - July 2017
音樂: I Gotta Praise - Paul Heaton & Jacqui Abbott



Intro: 16 counts. Start on vocals

Section 1: Rock back, side rock and cross, hinge turn, cross shuffle

1-2 Rock back on R, raising L foot off floor, recover on L
3&4 Rock to R side on R, recover on L, cross R over L
5-6 Make ¼ turn R stepping back on L, make ¼ turn R stepping R to side
7&8 Cross L over R, step R to R side, cross L over R

Section 2: Hip roll and touch X2, behind, side, cross to L, ¼ turn, flick

1-2 Step R to side rolling hips to R, touch L to side
3-4 Step L to side rolling hips to L, touch R to side
5&6 Step R behind L, step L to side, cross R over L
7-8 Make ¼ turn L stepping forward on L, flick R foot up behind you

Section 3: Syncopated weave to L, Vaudeville step

1-2 Cross R over L, step L to side
3&4 Step R behind L, step L to side, cross R over L
5-6 Step L to side, step R behind L
&7&8 Step L to side, dig R heel to diagonal, step down on R, cross L over R

Section 4: 2x 1/8 turn kick ball changes, jazz box with a jump

1&2 Kick R foot to diagonal, step down on R making 1/8 turn R, cross L over R
3&4 Kick R foot to diagonal, step down on R making 1/8 turn R, cross L over R
5-6 Cross R over L, step back on L
7-8 Step R to side, jump forward slightly with both feet together.

There are 3 Tags

Tags 1 & 2, danced at the end of walls 3 & 6: K-step, 4x hip bumps

1-2 Step R forward to R diagonal, touch L beside R
3-4 Step L back to L diagonal, touch R beside L
5-6 Step R back to R diagonal, touch L beside R
7-8 Step L forward to L diagonal, touch R beside L

1-2 Bump hips to R, bump hips to L
3-4 Bump hips to R, bump hips to L

Tag 3, danced at the end of wall 7: Half a K-step, 2x hip bumps

1-2 Step R forward to R diagonal, touch L beside R
3-4 Step L back to L diagonal, touch R beside L
5-6 Bump hips to R, bump hips to L

Ending: on wall 9, turn the jazz box ½ turn to face 12:00

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