

Pray

拍數: 96 牆數: 2 級數: Intermediate waltz
編舞者: Gemma Ridyard (UK) - January 2018
音樂: Pray - Sam Smith



Intro - 24 counts - Dance begins facing 1.30

S1: Full diamond turn left

1-3 Step L fwd (1), step R fwd (2), turn ¼ L stepping back on L (3) (11:30)
4-6 Step back on R (4), step back on L (5), turn ¼ L stepping R fwd (6) (7:30)
7-9 Step L fwd (7), step R fwd (8), turn ¼ L stepping back on L (9) (4:30)
10-12 Step back on R (10), step back on L (11), turn ¼ L stepping R fwd (12) (1:30)

S2: Twinkle 1/2 turn, 2 x twinkle's back, back sweep

1-3 cross LF over RF (1) make a 1/4 turn L step RF back (2) make a 1/4 turn L step LF to L side (3)
4-6 cross RF behind LF (4) rock LF to L side (5) replace weight RF (6)
1-3 cross LF behind RF (1) rock RF to R side (2) replace weight LF (3)
4-6 cross RF behind LF (1) sweep LF from back to front (2-3)

S3: 2x Twinkles back, back sweep 1/4 R, behind side cross

1-3 cross LF behind RF (1) rock RF to R side (2) replace weight
4-6 cross RF behind LF (4) rock LF to L side (5) replace weight RF (6)
1-3 cross LF behind RF (1) sweeping RF from front to back making a 1/4 turn R (2-3)
4-6 cross RF behind LF (4) step LF to L side (5) cross RF over LF (6)

S4: Slide L drag, Slide R drag, 1/4 1/2 back, back together together

1-3 take a big side step L (1) drag RF to LF touch (2-3)
4-6 take a big side step R (4) drag LF to RF touch (4-6)
1-3 make a 1/4 turn L step LF forward (1), make 1/2 turn L step RF back (2), Step LF back (3)
4-6 step back on RF (4) close LF to RF (5) close RF to LF (6)

S5: 2 x drag walks forward, pivot 1/2 step, rock replace back

1-3 step LF forward (1) drag RF toward LF (2-3)
4-6 step RF forward (4) drag LF toward RF (4-6)
1-3 step LF forward (1) pivot half turn R transfer weight to RF (2) step LF forward (3)
4-6 rock RF forward (4) replace weight to LF (5) step RF back

S6: 1/2 turn L, balance hold with arm line

1-3 make a 1/2 turn L step LF forward (1) close RF to LF rising on to the balls of both feet as you reach both arms forward and up (2-3) (lyrics lifting your head - eyes look up)
4-6 hold on the balls of both feet (4-6) (weight finishing LF)

S7: Run back RLR, run back LRL, coaster step, spiral full turn R

1-3 step back on RF (1) step back on LF (2) step back on RF (3)
4-6 step back on LF (4) step back on RF (5) step back on LF (6)
1-3 step RF back (1) close LF to RF (2) step RF forward (3)
4-6 step LF forward (4) unwind a full turn R keeping weight on LF (5-6)

S8: Step sweep cross, step cabriole (step developers kick)

1-3 step RF forward (1) sweep LF from back to front angling body to (1.30) (2-3)
4-6 step LF forward to the diagonal (1) develop right leg forward (5-6)

(Option) 4-6 step LF forward to diagonal (4) swing right leg through jumping from left foot left foot touch R

heel (5) left for lands down weight on LF RF pointed forward (6)

S9: Back drag hold, 1/2 turn R hold, step lock, unwind full turn R

1-3 staying on the diagonal step RF big step back (1) drag LF to meet RF (2) step LF next to RF (3)

4-6 make a 1/2 a turn R step forward on RF (7.30) (4) drag LF toward RF (5-6)

1-3 step LF forward to (1) step RF forward (2) lock LF behind RF (3)

4-6 unwind a full turn over L shoulder transferring weight to RF (7.30) (4-6)

*** Begin again ***
