

One Prayer Left

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - August 2020
音樂: One Prayer Left - Ryan Griffin : (iTunes)



(Intro: 16 counts / Starts on lyrics)

[S1] Side, Behind, Scissor Cross-1/4R-1/4R, Cross, Sway, Sway-Sway

1 2 Step R to the side, Step L behind R
3&4 Step R to the side, Step L next to R, Cross R over L
&5 6 Make a 1/4 turn right stepping back on L, Make a 1/4 turn right stepping R to the side, Cross L over R (6:00)
7 8& Step R to the side and sway to the side, Sway to the left, Sway to the right

[S2] 1/4L, Fwd Rock-1/2R-1/2R-1/4R Side-Ball-Lunge, 1/4L Recover, 1/2L, 1/2L

1 2& Make a 1/4 turn left stepping forward on L, Rock forward on R, Recover weight on L (3:00)
3&4& Make a 1/2 turn right stepping forward on R, Make a 1/2 turn right stepping back on L, Make a 1/4 turn right stepping R to the side, Ball step L next to R (6:00)
5 6 Lunge R to the right, Recover weight on L while making a 1/4 turn left (3:00)
7 8 Make a 1/2 turn left stepping back on R, Make a 1/2 turn left stepping forward on L (3:00)

[S3] Fwd, Tap, Back w/Sweep, Behind-Side-Fwd w/ Sweep-Cross-Tap, Back w/ Sweep, Behind

1 2 Step forward on R, Tap L toe behind R
3 4& Step back on L and sweep R foot around L, Step R behind L, Step L to the side
5 6& Step forward on R and sweep L foot around R, Cross L over R, Tap R toe behind L
7 8 Step back on R and sweep L foot around R, Step L behind R

[S4] 1/4R Charleston Fwd into Back-Lock-Back, Charleston Back into 1/2L Back-Lock-Back-3/8L

1 2 Make a 1/4 turn right stepping forward on R, Touch L forward (6:00)
3&4 Step back on L, Lock R across L, Step back on L
5 6& Touch R back, Make a 1/2 turn left on ball of L foot stepping back on R, Lock L across R (12:00)
7 8 Step back on R, Make a 3/8 turn left stepping forward on L (7:30)

[S5] Fwd, Point, Behind-3/8R-Fwd-Point, Behind-1/4L-Step-Pivot 1/2L

1 2 Step forward on R, Point L toe forward (7:30)
3&4 Step L behind R, Make a 3/8 turn right stepping forward on R, Step forward on L (12:00)
5 6& Point R toe forward, Step R behind L, Make a 1/4 turn left stepping forward on L (9:00)
7 8 Step forward on R, Make a 1/2 turn left recover weight on L** (3:00)

[S6] Side, Lift, Side-Behind-1/4L-Fwd-1/4L-Cross-Side, Lift, Point

1 2 Step R to the side, Lift L knee across body and slap with right hand
3&4& Step L to the side, Step R behind L, Make a 1/4 turn left stepping forward on L, Step forward on R
5&6 Make a 1/4 turn left recover weight on L, Cross R over L, Step L to the side (9:00)
7 8 Lift R knee across body and slap with left hand, Point R to the right

[S7] Scoop-1/4R, Step-Pivot 1/2R, L Full Turn into Chase Turn 1/2L

1 2 Scoop R foot in (weight on L), Scoop out R foot to the side and make a 1/4 turn right stepping forward on R (12:00)
3 4 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)
5 6 Step forward on L, Make a 1/2 turn left stepping back on R

7 8& Make a 1/2 turn left stepping forward on L, Step forward on R, Make a 1/2 turn left
recover/step L close to R (12:00)

[S8] Fwd, Cross-1/4L-Coaster Step, Cross-1/4R-Coaster Step, 1/2L

1 2& Step forward on R, Cross L over R, Make a 1/4 turn left stepping back on R (9:00)

3&4 Step back on L, Step R next to L, Step forward on L

5&6& Cross R over L, Make a 1/4 turn right stepping back on L, Step back on R, Step L next to R
(12:00)

7 8 Step forward on R, Make a 1/2 turn left recover weight on L (6:00)

TAG: 8 Count Tag End of Wall 1 (6:00)

2x Side-Behind-Side-Cross Rock

1 2& Step R to the side, Step L behind R, Step R to the side

3 4 Rock L across R, Recover weight on R

5 6& Step L to the side, Step R behind L, Step L to the side

7 8 Rock R across L, Recover weight on L

Restart with Step Change: On Wall 3 count 40

Section 5 count 7 8- Step-Pivot 1/4L (instead of 1/2 turn) to 6:00 o'clock**

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 19/Aug/20)**
