

Pray For Me

拍數: 64 牆數: 4 級數: Improver / Intermediate Country
編舞者: Markus Eiselt (DE) - April 2022
音樂: Pray for Me - The Bellamy Brothers



Tags: no

Restart: 1 restart the end of the 5 wall

Start the dance after 8 counts

S1. Rolling vine r hold/clap, Rolling vine l hold/clap

1-4 Step right 3 times, making a full turn to the right herem (r-l-r) - hold/clap
5-8 Step left 3 times, making a full turn to the left of herom (l-r-l) - hold/clap

S2. Shuffle forward r, rock forward l, shuffle backl, rock back r

1&2 Step forward on right foot, step left foot on right foot and step forward on right foot
3-4 Step forward on left, lift right foot slightly - weight back onto right foot
5&6 Step back on left, step right foot next to left and step back on left
7-8 Step back on right foot, lift left foot slightly - weight back onto left foot

S3. Jazz Box 1/4 turning, kick ball change, kick ball change

1-2 Cross your left foot with your right foot - step back with your left foot
3-4 Step right foot to right - step left foot next to right foot
5&6 Kick right foot forward - step right foot next to left foot and step left in place
7&8 Kick right foot forward - step right foot next to left foot and step left in place

S4. Shuffle forward r, rock forward l, shuffle back l, rock back r

1&2 Step forward on right foot, step left foot on right foot and step forward on right foot
3-4 Step forward on left, lift right foot slightly - weight back onto right foot
5&6 Step back on left, step right foot next to left and step back on left
7-8 Step back on right foot, lift left foot slightly - weight back onto left foot

S5. Side touch, side touch, rocking chair

1-2 Step sideways with right foot and tap left foot towards right
3-4 Step sideways with left foot and tap right foot towards left
5-6 Step forward on right, lift left foot slightly - weight back onto left foot
7-8 Step back on right foot, lift left foot slightly - weight back onto left foot

S6. Shuffle forward turning 1/2 l, rock back, Shuffle forward turning 1/2 r, rock back

1&2 1/4 Turn Left and Step Right to Right - Step Left onto Right for 1/4 Turn left and step right with right
3-4 Step back on left, lift right foot slightly - weight back onto right foot
5&6 1/4 turn right and step left on left - step right foot on left foot 1/4 Turn right and step left with left
7-8 Step back on right foot, lift left foot slightly - weight back onto left foot

S7. Chasse side r, rock back, chasse side l, rock back

1&2 Step right on right, step left on right and step right on right
3-4 Step back on left - weight back onto right foot
5&6 Step left onto left, step right onto left and step left onto left
7-8 Step back on right foot - weight back onto left foot

S8. Monterey turns 2x 1/2 R

1-2 Tap right foot to right side - 1/2 turn right and step right foot next to left
3-4 Tip left toe on left - Step left foot next to right

5-6
7-8

Tap right foot to right - 1/2 turn right and step right foot next to left
Tip left toe left - step left foot next to right
