

Praise The Lord Dancing EZ

COPPER KNOB
BYEFOHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mitzi Day (USA) - June 2022
音樂: Praise The Lord (feat. Thomas Rhett) - BRELAND



Intro 16 cts. 3 tags We got this!

WALK 3 FORWARD ,KICK ,WALK BACK 3, POINT BACK

1-2-3-4 Walk forward right, left, right, kick left foot forward.
5-6-7-8 Walk back left, right, left, point right foot back.

CHARLESTON, PIVOT 1/2, PIVOT 1/2.

1-2-3-4 Step forward on right foot, kick forward left foot. Step down on left foot, point right toe back
5-6-7-8 Step right foot forward, turn to 6:00 over left shoulder, putting weight on left foot, Step right foot forward, turn to 12:00 putting weight on left.

RIGHT TRIPLE STEP FORWARD, PIVOT TURN 1/2, LEFT TRIPLE STEP FORWARD, PIVOT TURN 1/2.

1&2 -3-4 Step right foot forward(1) , put ball of left foot next to right heel (&)placing weight on left Step right foot forward(2). Step left forward and turn over right shoulder to 6:00. Weight is now on right. (6:00)
5&6-7-8 Step left foot forward (5) put ball of right foot next to left placing weight on right (&) Step left foot forward (6). Step right forward (7) and turn 1/2 over left (12:00) weight is on left.

STEP , POINT SIDE, STEP, POINT SIDE, JAZZ BOX TURN 1/4. (Option to samba steps instead of side point)**

1-2-3-4 Step forward on right. Point left toe to left side. Step forward on left. Point right toe to right side. **(option to substitute samba steps instead--fun! Step right fwd (1)side rock left(&)replace on right(2) step left fwd (3), side rock(&) replace on left(4)
5-6-7-8 Cross right over left and place weight on right. Step back on left and place weight on left.Turn 1/4 to right and place weight on right. (3:00) Step forward on left.

Tag 1=4 count V-step. after 1st rotation after the 32 cts Music is at 26 seconds. Facing 3:00

1-2-3-4 right foot steps right forward diagonal, left foot steps to left forward diagonal,right foot steps back to home, left foot steps back to home

Tag 2 = 2 V-steps. after 2nd rotation when you get to 6:00 wall . Music is at 45 seconds.

1-2-3-4 right diagonal out, left diagonal out ,right in to home, left in to home.
5-6-7-8 repeat 1-4 v step instructions

Tag 3=2 V-steps when you first get to 3:00 wall after fifth rotation. music is 1:46 the lyrics say,"It don't matter"

1-2-3-4 right diagonal out , left diagonal out, right back to home, left back to home
5-6-7-8 Repeat another v step

Smile! Dancing is therapy

Last Update: 17 Jun 2022