

Preach

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Trevor Thornton (USA) & Branden Swift (USA) - July 2022
音樂: Preach - Saint Motel



Count In: 32 count

[1 – 8] HEEL GRIND x 2, SYNCOPATED BACK TOUCHES.

1 2 Grind R heel with toes starting L (1), fanning toes to R (2). 12:00
& 3 4 Step R next to L (&), Grind L heel with toes starting R (3), fanning toes to L (4). 12:00
& 5 & 6 Step L next to R (&), tap R toes fwd (5), step R next to L (&), tap L toes fwd (6). 12:00
& 7 & 8 Step L next to R (&), tap R toes fwd (7), step R next to L (&), tap L toes fwd (8). 12:00

Styling On the syncopated section, travel backwards slightly, be sure to bend your knees, small steps. □

[9 – 16] BALL STEP, EXTENDED VINE R, SIDE ¼ HITCH, SIDE HITCH.

& 1 2 Step L next to R (&), Step R to R (1), Step L behind R (2). 12:00
3 4 Step R to R (3), Cross L over R (4). 12:00
5 6 Step R to R (5), Making ¼ L, hitch L knee (6). 9:00
7 8 Step down on L (7), Hitch R Knee (8). 9:00

****Re-start here on wall 3****

[17 – 24] STEP FWD, HITCH KNEE, TRIPLE FWD, SWAY HIPS FWD/BACK, HIP BUMP, KICK R (SWEEP)

1 2 Step fwd on R (1), Bring L up to R and hitch R knee (2). 9:00
3 & 4 Step down on R (3), Step L next to R (&), Step fwd on R (4). 9:00
5 6 Step fwd on L to L diagonal sway hips fwd (5), Sway hips back taking weight on R (6). 9:00
7 & 8 Push hips fwd to diagonal (7), take weight back on R (&), Take weight fwd on L as you kick R
fwd (8). 9:00

Styling: The “kick” for ct 8 is an easy way to help teach the steps. Try this kick as more of a sweep when comfortable.

[25 – 32] JAZZ BOX, OPTIONAL FINISH W/ EITHER- ½ TURN WALK L – HIP ROLLS X2.

1 2 3 4 Cross R over L (1), Step back on L (2), Step R to R (3), Step fwd on L (4). 9:00
5 6 7 8 Easy option – Walk R, L, R, L – ½ L 3:00
5 6 7 8 Improver option- As you’re making the ½ turn, roll hips to R with each step of R. 3:00

Last Update – 1 Aug. 2022