

Gimme Your Praise

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2
編舞者: Rhoda Lai (CAN) - March 2023
音樂: Praise - Lady Bri

級數: Improver / Intermediate



Intro: 20 counts

* Note: Restart during Wall 2 and Wall 6 after 16 counts

S1 R Kick, R Kick, Sailor ¼ R, L Point, L Point, L Hitch, L Back

1 2 Kick R to the L diagonal, Kick R to R diagonal
3&4 Step R behind L start turning ¼ R, step L in place completing ¼ R, step forward R (3:00)
5 6 Point L forward, point L back
7 8 Hitch L forward, step back L

(Optional Styling on 567:

&5 Swing L forward, kick L forward
&6 Swing L back, kick L back
&7 Swing L forward, hitch L forward)

S2 R Coaster, L Pivot ½ R, Walk, Walk, ¼ L Samba Step

1&2 Step back R, step L beside R, step forward R
3 4 Step L forward, pivot ½ R (9:00)
5 6 Step forward L, step forward R
7&8 ¼ L cross L over R, rock R to R side, recover onto L (6:00)

*Restart here during Wall 2 (12:00) and Wall 6 (12:00)

S3 R Heel Grind, L Side, R Grinding Cross Shuffle, L Back, R Side, L Forward Shuffle

1 2 Grind R heel across L fanning R toes out, step L to L side
3&4 Grind R heel across L fanning R toes out, step L to L side, grind R heel across L fanning R toes out
5 6 Step back L, step R to R side
7&8 Step forward L, step R beside L, step forward L

S4 Camel Pops x2, R Forward Mambo, L Back, R Back, L Back Mambo

1 2 Step forward R with L knee popping forward, step forward L with R knee popping forward
3&4 Rock R forward, recover onto L, step back R
5 6 Step back L fanning R toes out, step back R fanning L toes out
7&8 Rock back L, recover onto R, step forward L (6:00)

Ending: At the end of Wall 11 (6:00), make a ½ R to face 12:00 and take a bow to match the lyrics "Bow down and keep on praising me".

Enjoy!