

Praise

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Praise (Radio Version) - Elevation Worship



Intro: 24 Counts, Start at approx 10 secs

SEC 1 Full Volta Turn x2

- 1& Turn ¼ right step right forward, step left beside right (3:00)
- 2& Turn ¼ right step right forward, step left beside right (6:00)
- 3& Turn ¼ right step right forward, step left beside right (9:00)
- 4& Turn ¼ right step right forward, step left beside right (12:00)
- 5& Turn ¼ right step right forward, step left beside right (3:00)
- 6& Turn ¼ right step right forward, step left beside right (6:00)
- 7& Turn ¼ right step right forward, step left beside right (9:00)
- 8 Turn ¼ right step right forward (12:00)

SEC 2 Cross, Side, ¼ Sailor, Jump Forward, Hold, Jump Together, Hold

- 1-2 Cross left over right, step right to right
- 3&4 Turn ¼ left step left behind right, step right to right, step left forward (9:00)
- &5-6 Step right forward, step left to left, hold
- &7-8 Step right beside left, step left beside right, hold

SEC 3 Side Rock, ¼ Sailor, Reverse Full Turn, Coaster Step

- 1-2 Rock right to right, recover weight onto left
- 3&4 Turn ¼ right step right behind left, step left to left, step right forward (12:00)
- 5-6 Turn ½ left step left forward, turn ½ left step right back
- 7&8 Step left back, step right beside left, step left forward (12:00)

SEC 4 Heel & Toe & Heel & Toe & Brush, Touch Back, Clap, ½ Unwind

- 1&2& Touch right heel forward, step right beside left, touch left behind right, step left back
- 3&4& Touch right heel forward, step right beside left, touch left behind right, step left back
- 5-6 Brush right forward, touch right back
- 7-8 Clap hands above head, unwind ½ right keeping weight on left (6:00)

Restart Here on Wall 2

SEC 5 Diagonal Shuffle, Diagonal Shuffle, Diagonal Back Shuffle, Diagonal Back Shuffle

- 1&2 Step right forward to right diagonal, step left beside right, step right forward to right diagonal
- 3&4 Step left forward to left diagonal, step right beside left, step left forward to left diagonal
- 5&6 Step right back to right diagonal, step left beside right, step right back to right diagonal
- 7&8 Step left back to left diagonal, step right beside left, step left back to left diagonal

SEC 6 Back Rock, Full Turn Triple, Back Rock, Step, ½ Pivot

- 1-2 Rock right back, recover weight onto left
- 3&4 Turn ½ left step right beside left, turn ½ left step left beside right, step right beside left (6:00)
- 5-6 Rock left back, recover weight onto right
- 7-8 Step left forward, pivot ½ right transferring weight on to right (12:00)

SEC 7 Modified Weave, Side Rock, Weave

- 1-2 Cross left over right, hold
- &3&4 Step right to right, step left behind right, step right to right, cross left over right
- 5-6 Rock right to right, recover weight onto left

7&8 Step right behind left, step left to left, cross right over left

SEC 8 Ball Cross Rock, ¼ Shuffle, Step, ½ Pivot, Step, Side

1-2 Step left to left, cross rock right over left, recover weight onto left

3&4 Step right to right, step left beside right, turn ¼ right step right forward (3:00)

5-6 Step left forward, pivot ½ right transferring weight on to right (9:00)

7-8 Step left forward, step right to right keeping weight split between feet

Tag At the end of Walls 1, 3 and 4

Cross Arms, Body Pulse, Raise Arms

1-2 With arms at shoulder height bend right arm across body, bend left arm across body

3-4 Separate arms as push body forward, contract body bringing arms back together

5-6-7-8 Circle both arms down and out to sides ending with hands together above head
