

# Praise (on the Mountain)

**COPPER KNOB**  
STEP SHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Jennifer Jones (USA) & John Robinson (USA) - April 2024  
音樂: Praise (Radio Version) - Elevation Worship



MUSIC AVAILABLE ON : iTunes and Amazon.com

Begin dance on lyrics

## Section 1: SIDE, BEHIND, STEP, HEEL, BALL, CROSS, SIDE, BEHIND, STEP, HEEL, BALL CROSS

1, 2                      R step right (1), L step behind R (2)  
&3&4                    R step down (&), L heel fwd. (3), L step down (&), R cross over L, (4)  
5, 6                      L step left (5), R step behind L (6)  
&7&8                    L step down (&), R heel fwd. (7), R step down (&), L cross over R (8) (12:00)

## Section 2: SIDE, BEHIND, SHUFFLE ¼ TURN, STEP ½ PIVOT, SHUFFLE FWD.

1, 2                      R step R (1), L step behind R (2)  
3&4                      turn ¼ right (&), R step fwd. (3), L step together (&), R step fwd. (4) (3:00)  
5, 6                      L step fwd. (5), ½ pivot right (6) (9:00)  
7&8                      L step fwd. (7), R step together (&), L step fwd. (8) (9:00)

**RESTART: WALL 9 ( you will turn and be facing 3:00 when you restart)**

## Section 3: ROCKING CHAIR, JAZZ BOX

1, 2                      R rock fwd. (1), Recover L (2)  
3, 4                      R rock back (3), Recover L (4)  
5, 6                      Cross R over L (5), L step back (6)  
7, 8                      R step right (7), L close beside R (8) (9:00)

**RESTART: WALL 10 (you will be facing 12:00 when you restart)**

## Section 4: STEP FORWARD, STEP TOGETHER, HEEL BOUNCE, STEP BACK, STEP TOGETHER, HEEL BOUNCE

1, 2                      R step fwd.(1), L close next to R (2)  
&3&4                    Raise heels up (&), heels down (3), Raise heels up (&), heels down (4)  
5, 6                      L step back (5), R close next to L (6)  
&7&8                    Raise heels up(&), heels down (7), Raise heels up (&), heels down (8) (9:00)

**TAGS: REPEAT SECTION 4 ON WALL 3 (6:00) AND WALL 7 (9:00)**

To end on the front wall: you will be facing 3:00 for section 4, on count 5 step back with a ¼ turn left  
Then finish counts 6,&7,&8 facing 12:00

Have fun with this dance and wonderful song !

Thank you, John, for collaborating with me after midnight, in a bar, rolling into the parking lot, after an awesome night of dancing while on your northeast mini tour in South Hadley Ma. Your tips, and instructions are priceless, I have learned a great deal from you. Thank you. ☐

This step sheet cannot be altered without written permission.  
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