

Praise Ya

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Shackles - Mary Mary



KICK BALL POINT, KICK BALL POINT

1&2 Kick right forward step forward right, point left toe side left
3&4 Kick left forward step forward left, point right toe side right

Optional hand and arm motions: as you kick right forward raise right fist to ceiling, bring to chest level on the & extend left fist to side as you point left toe to side. As you kick left forward bring left fist to chest, raise to ceiling on the & count, extend right fist to right as you point right toe to side

KICK BALL DROP, BOUNCE BOUNCE KICK

5&6 Kick right forward place ball of right in front of left raising left heel up, drop both heels down
&7&8 Bounce 1/8 turn left on balls of both feet drop both heels, bounce 1/8 turn left on balls of both feet drop both heels, bounce 1/4 left kicking left forward weight back on right

Hand and arm motions: extend both arms to ceiling, on the right kick bring both arms to chest level on the &. Unfold fists to pray as you kick left forward

CROSS BACK, SIDE (SYNCOATED JAZZ) RIGHT SAILOR

9&10 Cross left over right step back right, step side left
11&12 Step right behind left step side left, step forward right

LEFT TURNING SAILOR, TAP TAP STEP

13&14 Step left behind right step side right, 1/4 turn left step forward left
15&16 Tap ball of right forward tap ball of right forward, step forward right

Optional hand and arm motions: raise both hands palms toward body toward the ceiling on each tap fully raised on the step as if praising

ROCK, RECOVER, LOCK STEP BACK

17-18 Rock forward left, recover right
19&20 Step back left cross right over left, step back left

1/4 RIGHT SCISSOR, LEFT SCISSOR

21&22 1/4 turn right step right bring left to meet, cross right over left
23&24 Step side left bring right to meet, cross left over right

1/4 TURN, ROCK STEP, TRIPLE STEP

25-26 Step right 1/4 right, recover left
27&28 Step back right bring left to meet, step back right

1/2 TURN, 1/2 TURN, LEFT COASTER STEP

29-30 Step left 1/2 turn left, step right 1/2 turn left keeping weight on right
31&32 Step back left bring right to meet, step forward left

REPEAT