

Praise You

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Jenny Constantine (UK)
音樂: Praise You - Fatboy Slim



SYNCOPATED STOMPS FORWARD AND PIVOTS

- &1-2 Jump weight onto left stepping in place, stomp right forward, hold
&3&4 Repeat &1 twice moving slightly forward when weight is stepped onto left
5-6 Stomp left to left side, hold
&7&8 Turn $\frac{1}{4}$ left step right to right keeping weight on left, pumping right hand down, pivot $\frac{3}{4}$ left on left foot, step right foot to right side pump right hand down again, weight on right

SIDE ROCK STEP AND BACK DIAGONAL SHUFFLES

- 9-10 Rock left foot to left side, rock weight back onto right
11&12 Moving right diagonally backwards do a left shuffle (place left on right back diagonal, bring right to it, step back on left again)
13-14 Rock right foot to right side, rock weight back on left.
15&16 Moving left diagonally backward do a right shuffle

ROCK, FULL TURN, KNEE AND HAND WORK

- 17-18 Rock left foot to left side, rock weight back onto right
19-20 Cross left over right, unwind full turn. Weight on right
21&22 Hitch left knee diagonally right slapping with right hand, move knee to left diagonal slapping with left hand, step left foot down.
23&24 Hitch right knee diagonally left slapping with left hand, move knee to right diagonal slapping with right foot down, step right foot down.

HIP BUMPS BACK WITH HAND MOTIONS

- 25&26 Step left foot slightly diagonally back pushing left hip out, bump hips to right, bump hips to left (move hands at the same time as hips at hip level)
27&28 Step right foot slightly diagonally back pushing right hip out, bump hips to left, bump hips to right (move hands at the same time as hips in the air)
29&30 Repeat 25&26
31&32 Repeat 27&28

VAUDEVILLE STEPS FORWARD

- &33&34 Step left foot back, kick right, step right foot down, cross left over right
&35&36 Step right foot back, kick left, step left foot down, cross right over left
&37&38 Repeat &33&34
&39&40 Repeat &35&36 ending touching right next to left.

KICKS FORWARD, KICK TURN, FORWARD SHUFFLE

- 41-42 Kick right foot forward low and then again a bit higher
43&44 Turn $\frac{1}{4}$ left on the ball of left foot lifting left heel up & down. (keep right foot in the air as you turn, turning it over as you move.) Turn another $\frac{1}{8}$ left as before, turning leg over. Turn a final $\frac{1}{8}$ left to face back, right leg should now be in bent arabesque (ish) position.
45-46 Place right foot down behind left, kicking left foot forward. Step left foot down
47&48 Right shuffle forward

URNS AND HOLDS WITH ATTITUDE

- 49-50 Step left foot $\frac{1}{4}$ left turning with it, hold
51-52 Turn $\frac{1}{2}$ right stepping right foot forward, hold.

53-54 Turn $\frac{1}{4}$ left stepping left foot forward, turn $\frac{1}{2}$ right stepping right foot forward.
55-56 Step left foot forward, turn $\frac{1}{2}$ right to face front stepping right foot forward

STEP SIDE, HOLD, UNWIND $\frac{3}{4}$ LEFT, STEP TURN, HIP BUMPS IN 'M' SHAPE.

57-58 Step left to left side, bend both knees (putting hands on them), hold.
59-60 Touch left toe behind right, unwind $\frac{3}{4}$ left, weight on left
61& Point right toe to right side, keep weight on left, bumping hips up right and left.
62& Bend knees, weight even, bump hips right and left
63& Put weight on right bump hips up right and left
64 Touch left next to right

REPEAT
