Just Pray

拍數: 32

級數: Improver

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音樂: Anybody Wanna Pray With Me - CeCe Winans

SCUFF STEPS, SYNCOPATED HIP BUMPS

- 1-2 Scuff right foot forward, step right foot slightly back
- 3&4& Bump hips (left, right, left, right)
- 5-6 Scuff left foot forward, step left foot slightly back
- 7&8& Bump hips (right, left, right, left)

WALK, WALK, TOUCH, STEP, LEFT COASTER, STEP ½ TURN

- 1-2 Walk forward (right, left)
- 3-4 Touch right behind left, step right back slightly
- 5&6 Left coaster step
- 7-8 Step right foot forward, complete half turn to the left (weight transfers to left foot)

STEP LOCK STEPS, ROCK STEP, ¼ TURN SYNCOPATED RIGHT VINE

- 1-2& Step right foot forward, step left foot behind right, step right foot forward
- 3-4& Step left foot forward, step right foot behind left, step left foot forward
- 5-6 Rock right foot forward, recover on left
- 7-8& Step right foot back (while completing a ¼ turn to the right), step left behind right, step right foot to right side

CROSS, STEP ¼ TURN, TOUCH, STEP, ¼ TURN SAILOR STEP, LEFT COASTER STEP

- 1-2 Cross left in front of right, step right foot to right side
- 3-4 Touch left toe to right heel while completing a 1/4 turn to the left, step left foot forward
- 5&6 Right sailor step while completing ¼ turn to the left
- 7&8 Left coaster step

REPEAT





級事

牆數:4