

Pray It Away

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner - WCS / ECS
編舞者: Jo Thompson Szymanski (USA) - 2012
音樂: Pray It Away - Scooter Lee : (CD: Sing a New Song, Dance A New Dance)



Download legally: www.iTunes.com www.amazon.com/mp3 www.cdbaby.com
To purchase the CD go to: www.scooterlee.com

Intro: 32 counts

[1-8] SUGAR PUSH & BACK ROCK

1 – 2 Step R forward; Step L forward
3 – 4 Touch R slightly behind L; Step R back to right diagonal
Option for counts 3 – 4: Small back, lock, back (R,L,R) (3&4)
5 – 6 Touch L slightly behind R; Step L back to left diagonal
Option for counts 5 – 6: Small back, lock, back (L,R,L) (5&6)
7 – 8 Rock R back; Recover forward to L

[9-16] REPEAT [1-8]: SUGAR PUSH & BACK ROCK

1 – 2 Step R forward; Step L forward
3 – 4 Touch R slightly behind L; Step R back to right diagonal
Option for counts 3 – 4: Small back, lock, back (R,L,R) (3&4)
5 – 6 Touch L slightly behind R; Step L back to left diagonal
Option for counts 5 – 6: Small back, lock, back (L,R,L) (5&6)
7 – 8 Rock R back; Recover forward to L

[17-24] STOMP, HOLD, 1/4 TURN LEFT, HOLD, STOMP, HOLD, 1/4 TURN LEFT, HOLD

1 – 2 Stomp (or step) R forward (Arms go out palms down); Hold
3 – 4 Turn ¼ left shift weight to L; Hold
5 – 6 Stomp (or step) R forward (Arms go out palms down); Hold
7 – 8 Turn ¼ left shift weight to L; Hold

Note: For a 1-wall version of this dance substitute the following instead of the ¼ turns.

.1 – 2 Stomp R forward, do not shift weight to it (Arms go out palms down); Hold.
.3 – 4 Step R to right; Hold
.5 – 6 Stomp L forward, do not shift weight to it (Arms go out palms down); Hold
.7 – 8 Step L to left; Hold

Note: The above 8 count variation does not move forward.

[25-32] SAILOR STEP X 4 – RIGHT, LEFT, RIGHT, LEFT

1 & 2 Step R behind L; Step L to left; Step R in place (slightly forward)
3 & 4 Step L behind R; Step R to right; Step L in place (slightly forward)
5 – 8 Repeat above 4 counts.

Easy option: Instead of the Sailor Steps do 4 triple steps in place.

Start again from the beginning.