

# Praise You

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Helen Walker and Vickie Schermbeck Normile – April 2018

**Music:** Shackles by Mary Mary



## **RIGHT SIDE ROCK STEP INTO SYNCOPATED SAILOR SHUFFLES; WALK FORWARD RIGHT, LEFT; BOUNCE ON HEELS WITH ¼ TURN RIGHT**

- 1&2&                    Rock right to right side, step left in place, cross right behind left, rock left to left side
- 3&4&                    Step right in place, cross left behind right, rock right to right side, step left foot in place
- 5, 6                     Walk forward right, left
- 7&8                     Bounce on heels turning ¼ right (ending weight on left) - 3:00

## **WALK BACK RIGHT, LEFT; COASTER STEP; ½ TURN TO RIGHT, KICKING RIGHT; COASTER STEP**

- 1,2                     Walk back right, left
- 3&4                     Step back on right, step back on left, step forward on right
- 5, 6                     Turning ½ to right - step back on left, kick right - 9:00
- 7&8                     Step back on right, step back on left, step forward on right.

**\*\*Restart here – change 7&8 coaster step: take long step back on right, bring left to right with weight change to left – counting 7,8. Restart the dance.**

## **LEFT SIDE ROCK WITH SYNCOPATED WEAVE; ¼ SAILOR; PADDLE TURN LEFT**

- 1&2&3, 4                Rock left, recover right; cross left behind right, step right, step left over right, step right
- 5& 6                    Turning ¼ to left: Cross left behind right, step right in place, rock left to left side
- 7, 8                     Touch right toe out to side as you pivot on left foot turning 1/8 left; repeat to finish ¼ turn - 3:00

## **SAMBA STEPS; FORWARD MAMBO; COASTER STEP**

- 1&2                     Cross right over left, rock left to left side; rock right to right side;
- 3&4                     Cross left over right, rock right to right side, rock left to left side
- 5&6                     Rock right forward, recover left, step right next to left
- 7&8                     Step back on left, step back on right, step forward on left - 3:00

## **END OF DANCE: SMILE AND BE GROOVY!!**

**\*\*Restart during wall 6: At the end of the first 16 counts: Change count 7&8 coaster to long step back on right, bring left to right with weight change to left. Count changes to 7, 8. Restart the dance on the front wall!**

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