Pray It Away

Compte: 32	**Mur:** 2	**Niveau:** Beginner - WCS / ECS

Chorégraphe: Jo Thompson Szymanski (USA) - 2012

Musique: Pray It Away - Scooter Lee : (CD: Sing a New Song, Dance A New Dance)

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.