

Swingin' Praise

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Phrased Advanced
编舞者: Maddison Glover (AUS) & Shane McKeever (N.IRE) - May 2022
音乐: Praise The Lord (feat. Thomas Rhett) - BRELAND



Sequence: A (TAG 1) B (TAG 2) A B B (TAG 2) A B A
#16 Count Introduction – Start on the word “Lord”

PART A (always at 12:00)

Charleston Kick, Back Rock/ Recover, Forward, Lock Shuffle, Pivot ¼, Cross

1&2 Kick R fwd, slightly hitch R knee, step R back
3&4 Rock L back, recover weight fwd onto R, step L fwd
5&6,7&8 Step R fwd, lock L behind R, step R fwd, step L fwd, pivot ¼ R, cross L over R
Alternate option at beginning: Kick R fwd (1), hitch R knee (&), kick R out to R side (2), step R back (&)

Side, Cross, Side, Cross, 1/8 Scuff, Hitch, Back, Coaster

1,2,3,4 Step R to R side, cross L over R, step R to R side, cross L over R
5&6 Turn ½ R as you scuff R heel fwd, hitch R knee up, step R back (4:30)
7&8 Step L back, step R together, step L fwd (4:30)
Option for counts 1-4: Jazz hands up into R diagonal (1, continue jazz hands down into L diagonal/ across body (2) (repeat for 3,4)

½ Side Rock/ Recover, Weave (opt. heel grind), Side, Touch, Side, Touch, Side, Cross ¾ Unwind

1& Turn ½ L as you rock R out to R side (3:00), recover weight onto L
2&3&4 Cross R over L, step L to L side, cross R behind L, step L to L side, cross R over L
Option for count 2: Instead of just stepping your R across you can add a R heel grind
&5&6& Step L to L side, touch R together, step R to R side, touch L together, step L to L side
7,8 Cross R over L as you unwind a ¾ turn L over two counts (weight on L by count 8) (6:00)

Dorothy x2, Pivot ½, Full Turn

1,2& Step R fwd into R diagonal, lock L behind R, step R fwd into R diagonal
3,4& Step L fwd into L diagonal, lock R behind L, step L fwd into L diagonal
5,6 Step R fwd, pivot ½ over L (12:00)
7,8 Turn ½ L stepping R back (6:00), turn ½ L stepping L fwd (12:00) (alternate option: walk fwd R, walk fwd L)

PART B (always at 12:00)

Kick, Step Forward, Lock, Step Forward, Side Rock/ Recover, Cross, Lunge, Recover with ¼, Full Turn

1&2& Kick R fwd into R diagonal, step R fwd into R diagonal, lock L behind, step R fwd into R diagonal
3&4 Rock L out to L side, recover weight onto R, cross L over R
5,6 Lunge R out to R side, recover weight onto L as you turn ¼ L (9:00)
7,8 Turn ½ L stepping R back (3:00), turn ½ L stepping L fwd (9:00)

¼ Lunge/ Recover, Cross Shuffle, Side Rock/Recover, Cross, Back, Together, Knee Pop

1,2 Turn ¼ L as you lunge R out to R side (6:00), recover weight onto L
3&4 Cross R over L, step L to L side, cross R over L
5&6 Rock L out to L side, recover weight onto R, cross L over R
&7 Turn ½ L stepping R back (4:30), step L together
&8 Pop both knees fwd as you raise heels up, straighten knees as you lower heels to floor

Walk Forward x2, Anchor Step, ½ Turn, ½ Side, Behind, Side Cross

1,2 Still facing 4:30- walk R fwd, walk L fwd

3&4 Lock R behind L, transfer weight onto L, step R slightly back
5,6 Make ½ turn L stepping L fwd (10:30), turn ⅛ L stepping R to R side (9:00)
7&8 Cross L behind R, step R to R side, cross L over R

Rock/ Recover, Behind, Side, Cross, Lunge, Recover, ¾ Triple

1,2 Rock/ press R fwd into R diagonal, recover back onto L
3&4 Cross R behind L, step L to L side, cross R over L
5,6 Rock L out to L side, recover weight onto R
7&8 ¾ “hinge turn” L as you triple stepping L, R, L (12:00)

TAG 1: (V Step) Step R out (1), step L out (2), step R back (3), step L together (4)

TAG 2:

1,2,3,4 (V Step) Step R out, step L out, step R back, step L together
5,6,7,8 (2x Pivots) Step R fwd, pivot ½ L, step R fwd, pivot ½ L

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