

# Pray It Away

**COPPER** KNOB  
STEPSHEETS

拍数: 32      墙数: 2      级数: Beginner - WCS / ECS  
编舞者: Jo Thompson Szymanski (USA) - 2012  
音乐: Pray It Away - Scooter Lee : (CD: Sing a New Song, Dance A New Dance)



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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.