

And So We Pray

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Becky Hawthorne (USA) - May 2025
音樂: WE PRAY - Coldplay, Little Simz, Burna Boy, Elyanna & TIN!



Intro: 32 counts - No restarts, no tags

Section 1: PRESS, HOLD, STOMP, HOLD, WEAVE

- 1 Press (partial weight) RF to R forward diagonal
- 2 Hold and push up slightly off floor at the end of count 2
- 3, 4 Stomp RF to R forward diagonal, Hold
- 5, 6 Step LF behind R, Step RF to R side
- 7, 8 Cross LF over R, Step RF to R side

Section 2: PRESS, HOLD, STOMP, HOLD, WEAVE

- 1 Press (partial weight) LF to L forward diagonal
- 2 Hold and push up slightly off floor at the end of count 2
- 3, 4 Stomp LF to L forward diagonal, Hold
- 5, 6 Step RF behind L, Step LF to L side
- 7, 8 Cross RF over L, Step LF to L side

Section 3: 1/4 HEEL SWIVELS, BACK, HEEL, BACK, HEEL, FORWARD, TOGETHER

- 1 1/4 Swivel R heel in so RF is pointed toward 3:00
- 2 1/4 Swivel L heel out so both feet & body now face 3:00
- 3, 4 Step RF back, Touch L heel forward
- 5, 6 Step LF back, Touch R heel forward
- 7, 8 Step RF forward, Step LF next to RF

Section 4: OUT, HOLD, OUT, HOLD, SWAYS

- 1, 2 Step RF out to R side, Hold
- 3, 4 Step LF out to L side, Hold
- 5, 6, 7, 8 Sway R, L, R, L

Optional styling counts 5-8: Sway by only raising and lowering heels. Raise arms to about shoulder height with palms facing up.

Music note: There are several versions of this song which feature the different artists in the collaboration. I personally prefer the TIN! version, but the dance will work to any version.

Becky Hawthorne: beckyhawthornetx@gmail.com