

# Praise Ya

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Karen Hedges (USA) & Patty Vaughn-Staiger  
音樂: Shackles - Mary Mary



## KICK BALL POINT, KICK BALL POINT

1&2      Kick right forward step forward right, point left toe side left  
3&4      Kick left forward step forward left, point right toe side right

**Optional hand and arm motions: as you kick right forward raise right fist to ceiling, bring to chest level on the & extend left fist to side as you point left toe to side. As you kick left forward bring left fist to chest, raise to ceiling on the & count, extend right fist to right as you point right toe to side**

## KICK BALL DROP, BOUNCE BOUNCE KICK

5&6      Kick right forward place ball of right in front of left raising left heel up, drop both heels down  
&7&8      Bounce 1/8 turn left on balls of both feet drop both heels, bounce 1/8 turn left on balls of both feet drop both heels, bounce 1/4 left kicking left forward weight back on right

**Hand and arm motions: extend both arms to ceiling, on the right kick bring both arms to chest level on the &. Unfold fists to pray as you kick left forward**

## CROSS BACK, SIDE (SYNCOPATED JAZZ) RIGHT SAILOR

9&10      Cross left over right step back right, step side left  
11&12      Step right behind left step side left, step forward right

## LEFT TURNING SAILOR, TAP TAP STEP

13&14      Step left behind right step side right, 1/4 turn left step forward left  
15&16      Tap ball of right forward tap ball of right forward, step forward right

**Optional hand and arm motions: raise both hands palms toward body toward the ceiling on each tap fully raised on the step as if praising**

## ROCK, RECOVER, LOCK STEP BACK

17-18      Rock forward left, recover right  
19&20      Step back left cross right over left, step back left

## 1/4 RIGHT SCISSOR, LEFT SCISSOR

21&22      1/4 turn right step right bring left to meet, cross right over left  
23&24      Step side left bring right to meet, cross left over right

## 1/4 TURN, ROCK STEP, TRIPLE STEP

25-26      Step right 1/4 right, recover left  
27&28      Step back right bring left to meet, step back right

## 1/2 TURN, 1/2 TURN, LEFT COASTER STEP

29-30      Step left 1/2 turn left, step right 1/2 turn left keeping weight on right  
31&32      Step back left bring right to meet, step forward left

## REPEAT