



Lesley Clark

# I'm Gonna Praise Ya

## 4 WALL – 32 COUNTS – INTERMEDIATE

STEPS	ACTUAL FOOTWORK
<b>Section 1</b>	<b>Step, Rock Back, Recover, 1/4 Right, Step, Rock Back, Recover, Skate, Skate, Shuffle</b>
1-2&	Large step to right side, rock back left, recover
3-4&	¼ turn right as you take a large step to the left, rock back right, recover
5-6	Skate forward right, left
7&8	Right shuffle forward stepping right, left, right
<b>Section 2</b>	<b>Step, Cross Step, Back, Side, Cross, Chasse ¼ Turn, Step Pivot Step</b>
1-2	Step forward left, cross step right over left
3&4	Step back on left, step right to right side, cross step left over right
5&6	Step right to right side, step left next to right, ¼ turn right stepping forward on right
7&8	Step forward on left, ½ turn right, step forward on left
<b>Section 3</b>	<b>Full Turn Left, Right Lock Step, Rock, Recover, Behind, Side, Cross</b>
1-2	½ left stepping back on right, ½ turn left stepping forward on left
3&4	Step forward on right, lock left behind right, step forward on right
&5-6	Step forward left, rock forward on right, recover
7&8	Sweep right out slightly step behind left, step left to left side, step right over left
<b>Section 4</b>	<b>Lunge, Recover, Behind, Side, Cross, ¼ Right Lock Back, Coaster Cross</b>
1-2	Lunge out to left side, recover
3&4	Step left behind right, step right to right side, cross step left over right
5&6	1/4 turn left as you right lock step back... step back on right, lock left in front of right, step back right
7&8	Step back on left, step right next to left, cross step left over right

**Choreographed by:** Lesley Clark (Scotland)  
**Choreographed to:** Shackles (Praise You) by Mary Mary.... R&B Anthems  
**Intro:** 16 count start on vocals



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)