



Lesley Clark

I'm Gonna Praise Ya

4 WALL – 32 COUNTS – INTERMEDIATE

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

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