

Praying

32 Count, 4 Wall, Improver

Choreographer: Jessica van Ostaeyen (DE) Mar 2017

Choreographed to: Praying by Tom Grennan

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| Track: | 3:20mins |
| Intro: | 16 counts. start with the strong beat |
| Section 1 | Skate, skate, hip x 3, skate, skate, hip x 3 |
| 1,2,3&4 | Skate fwd R, skate fwd L, step fwd R & push R hip fwd, push L hip back, push R hip fwd |
| 5,6,7&8 | Skate fwd L, skate fwd R, step fwd L & push L hip fwd, push R hip back, push L hip fwd - 12.00 |
| Section 2 | Mambo fwd, mambo back, pivot ½ L, walk, walk |
| 1&2,3&4 | Step/rock fwd R, replace weight to L, step back R, step/rock back L, replace weight to R, step fwd L |
| 5,6,7,8 | Step fwd R, pivot ½ turn L, walk fwd R, L - 6.00 |
| Section 3 | Extended cross shuffle to L, ¼ R & extended lock/shuffle fwd |
| 1&2&3&4 | Cross R over L, step L to L, cross R over L, step L to L, cross R over L, step L to L, cross R over L |
| 5&6&7&8 | Turn ¼ R & step fwd L, lock/step R behind L, step fwd L, lock/step R behind L, step fwd L, lock/step R behind L, step fwd L - 9.00 |
| Section 4 | Step fwd, ¼ R & side touch, ¼ L step, ¼ L touch side, step/ball/step/ball step (turning 360R), hop/hitch |
| 1,2,3,4 | Step fwd R, turn ¼ R & touch L to L side, ¼ L & step down on L, ¼ turn L & touch R to R side - 6.00 |
| 5&6&7,8 | Turn ¼ R & step down on R, touch L ball of foot behind R, ¼ turn R & step fwd R, touch L ball of foot behind R, turn ¼ R & step fwd R, turn ¼R & step/hop on L & hitch R - 6.00 |
| Section 5 | Back/lock shuffle, ½ L & fwd/lock shuffle, ¼ L side/hip rocks R, L, R, L |
| 1&2,3&4 | Step back R, lock L in front of R, Step back R, turn ½ L & step fwd L, lock/step R behind L, step fwd L |
| 5,6,7,8 | Turn ¼ L & step/rock to R & push hips R, rock to L & push hips L, rock to R & push hips R, rock to L & push hips L (bend knees as you rock from one foot to the other) - 9.00 |
| Section 6 | Cross samba, cross samba ¼ L, pivot ½ L, rock/fwd, back/hitch |
| 1&2,3&4 | Cross/step R over L, step/rock L to L, replace weight to R, cross/step L over R, step/rock R to R, turn ¼ L & replace weight to L |
| 5,6,7,8 | Step fwd R, pivot ½ turn L, rock/step fwd R (lift L slightly off floor), hop/step back L & hitch R - 12.00 ## |
| Section 7 | Step fwd, ¼ R samba cross, cross shuffle, R sailor, L sailor |
| 1&2,3&4 | Step fwd R, turn ¼ R & rock/step L to L, replace weight to R, cross/step L in front of R, step R to R, cross/step L in front of R |
| 5&6,7&8 | Step down on R (behind L), step L to L, replace weight to R, cross/step L behind R, step R to R, step L in place - 3.00 |
| Section 8 | Cross, hold, cross, hold, ¼ L shuffle fwd, step, pivot ½ L |
| 1,2&3,4 | Cross/step R over L, hold, step L to L, cross/step R over L, hold |
| 5&6,7,8 | Turn ¼ L & step fwd L, step R beside L, step fwd L, step fwd R, pivot ½ turn L - 6.00 |
| Restart: | Wall 2. Dance counts 1-48 then Restart facing the back (6.00). ## |
| Ending: | Dance counts 1-31, (then step fwd L to front-32, arms up!) |
