

Praise You



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Choreographed by: Tim Johnson (UK) Sept 2024

Choreographed to: Shackles (Praise You) by Coby James & Evvie McKinney
Intro: 16 Counts. Start at approx 9 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

Sequence: A, B, A, B, A (16 Counts), B (16 Counts), B, B, A

Part A	
SEC 1	WALK, WALK, ¼ POINT, TOUCH, SIDE, WEAVE, SIDE, ¼ SIDE
1-2	Step forward R, Step forward L
3&4	Make ½ turn left point R to right side, touch R next to L, Take a big step to the right with R dragging left up to R (9:00)
5&6	Step L behind R, Step R to right side, Step L over R
7-8	Step R out to right side, Make ¼ turn left Step L to left side (6:00)
SEC 2	CROSS, 1/4 POINT, SHUFFLE, 1/4 CROSS, 1/4 BACK, 1/2 STEP, STEP
1-2	Cross R over L, Make 1/8 turn right, touch L to left side (7:30)
3&4	Step forward on L, Step R behind L, Step forward on L
5-6	Make a ½ turn right, cross R over L, Make ¼ turn right step back on L (12:00)
7-8	Make ½ turn right step forward on R, Step forward L (6:00)
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Restart	Here 3rd time Part A is danced
SEC 3	ROCK, RECOVER & STEP, ½ TURN, ¼ POINT & POINT, WEAVE
1-2&	Rock R forward, Recover weight back on L, Step R next to L
3-4	Step L forward, Make ½ turn right take weight onto R (12:00)
5&6	Make ¼ turn right point L out to left side, Step L next to R, Point R out to right side (3:00)
7&8	Step R behind L, Step L to left side, Cross R over L
SEC 4	1/4 STEP, 1/4 STEP, SHUFFLE, STEP 1/2 TURN, CAMEL WALKS
1-2	Make ¼ turn to the left, step forward on L, Make ¼ turn to the left, step forward on R (9:00)
3&4	Step forward on L, Step R behind L, Step forward on L
5-6	Step forward on R, Make ½ turn left, take weight onto L (3:00)
7-8	Step forward on R as you pop left knee forward, Step forward on L as you pop right knee forward
Part B	
SEC 1	WALK, WALK, BRUSH OUT, OUT, HEEL TWIST, HEEL TWIST, HEEL, TOE, HITCH
1-2	Walk forward R, Walk forward L
3&4	Brush R foot through, Step R out to right side, Step L out to left side
5&6&	Twist R heel towards L, Twist R heel back in place, Twist L heel towards R, Twist L heel back in place
7&8	Step R heel towards L, Step R toe towards L, Hitch R knee

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SEC 2 1-2& 3-4 5-6 7&8	CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BACK 1/8, RECOVER, TRIPLE 1/2 TURN L,R,L Cross rock R over L, recover weight onto L, Step R to right side Cross L over R, Step R to right side Make 1/6 turn left rock back on L, Make 1/6 turn right recover your weight onto the R Make 1/6 turn right step back on L, Make 1/6 turn right step forward on R, Make 1/6 turn right step back on L (6:00)
Restart	Here 3rd time Part B is danced
SEC 3 1&2& 3&4 5-6 7-8 Arms	POINT & POINT, TOUCH FORWARD & TOUCH FORWARD, ¼ HEEL BOUNCE Point R out to right side, Step R next to L, Point L to left side, Step L next to R Touch R forward, step R next to L, keeping weight on R, touch L forward Make ¹/₁6 turn right bounce heels to the L, Make ¹/₁6 turn right bounce heels to the L (7:30) Make ¹/₁6 turn right bounce heels to the L, Make ¹/₁6 turn right bounce heels to the L (9:00) Raise both arms clockwise from left hip to above your head
SEC 4 1-2& 3-4 5-6 7-8	CROSS ROCK, RECOVER, BALL CROSS, SIDE, ROCK BACK 1/8, RECOVER, 1/4 BACK, 1/4 STEP Cross rock L over R, recover weight onto R, Step L to left side Cross R over L, Step L to left side Make 1/8 turn right rock back on the R, Make 1/8 turn left recover weight onto the L Make 1/4 turn left step back on R, Make 1/4 turn left step forward on L (3:00)
Ending	After 16 counts of Last Part A, Step R forward and bounce heel as you raise both arms

