

One Prayer

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Count: 32

Wall: 4

Level: Improver

Choreographer: Marianne van der Toorn Vrijthoff (NL) - January 2021

Music: - The Wailers

Intro: 16 Counts

Sec 1: R Dorothy Step, L Dorothy Step, Rock fwd, Recover, Side Rock, Recover, Back Rock, Recover, Cross

1-2&RF. Step diagonal R forward - LF. Lock behind RF - RF. Step diagonal R forward

3-4&LF. Step diagonal L forward - RF. Lock behind LF - LF. Step diagonal L forward

5&6&RF. Rock forward - LF. Recover - RF. Side Rock - LF. Recover

7&8RF. Back rock - LF. Recover - RF. Cross over LF

Sec 2: Side Rock, Recover, Sailor 1/4 Turn L, Step fwd, Pivot 1/2 Turn L, Shuffle 1/2 Turn L

1-2LF. Side rock - RF. Recover

3&4LF. 1/4 Turn L cross behind RF - RF. Step together - LF. Step forward (9:00)

5-6RF. Step forward - Pivot 1/2 turn L (3:00)

7&8 Shuffle 1/2 turn L stepping R-L-R (9:00)

Sec 3: Walk L.R Back, Coaster Step, Rock fwd, Recover, 1/4 Turn R, Rock fwd, Recover, 1/2 Turn L

1-2LF. Step back - RF. Step back

3&4LF. Step back - RF. Step together - LF. Step forward

5&6RF. Rock forward - LF. Recover - RF. 1/4 Turn R step to R side (12:00)

7&8LF. Rock forward - RF. Recover - LF. 1/2 Turn L step forward (6:00)

Sec 4: Step fwd, 1/4 Turn L, Cross Shuffle, L Mambo, Together, R Mambo, Touch

1-2RF. Step forward - 1/4 Turn L (3:00)

3&4RF. Cross over LF - LF. Step to L side - RF. Cross over LF

5&6LF. Side rock - RF. Recover - LF. Step together

7&8RF. Side rock - LF. Recover - RF. Touch toe beside LF

Start Again

Ending: Dance the 9th wall up to and including count 14, count 6 of the 2th block, then do (3:00)

7&8RF. Step forward - 1/4 Turn L - RF. Cross over LF (12:00)

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