

Praise You

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Helen Walker and Vickie Schermbeck Normile - April 2018

Music: Shackles by Mary Mary

RIGHT SIDE ROCK STEP INTO SYNCOPATED SAILOR SHUFFLES; WALK FORWARD RIGHT, LEFT; BOUNCE ON HEELS WITH ¼ TURN RIGHT

- 1&2&** Rock right to right side, step left in place, cross right behind left, rock left to left side
- 3&4&** Step right in place, cross left behind right, rock right to right side, step left foot in place
- 5, 6** Walk forward right, left
- 7&8** Bounce on heels turning ¼ right (ending weight on left) - 3:00

WALK BACK RIGHT, LEFT; COASTER STEP; ½ TURN TO RIGHT, KICKING RIGHT; COASTER STEP

- 1,2** Walk back right, left
- 3&4** Step back on right, step back on left, step forward on right
- 5, 6** Turning ½ to right - step back on left, kick right - 9:00
- 7&8** Step back on right, step back on left, step forward on right.

****Restart here - change 7&8 coaster step: take long step back on right, bring left to right with weight change to left - counting 7,8. Restart the dance.**

LEFT SIDE ROCK WITH SYNCOPATED WEAVE; 1/4 SAILOR; PADDLE TURN LEFT

- 1&2&3, 4** Rock left, recover right; cross left behind right, step right, step left over right, step right
- 5& 6** Turning ¼ to left: Cross left behind right, step right in place, rock left to left side
- 7, 8** Touch right toe out to side as you pivot on left foot turning 1/8 left; repeat to finish ¼ turn - 3:00

SAMBA STEPS; FORWARD MAMBO; COASTER STEP

- 1&2** Cross right over left, rock left to left side; rock right to right side;
- 3&4** Cross left over right, rock right to right side, rock left to left side
- 5&6** Rock right forward, recover left, step right next to left
- 7&8** Step back on left, step back on right, step forward on left - 3:00

END OF DANCE: SMILE AND BE GROOVY!!

****Restart during wall 6: At the end of the first 16 counts: Change count 7&8 coaster to long step back on right, bring left to right with weight change to left. Count changes to 7, 8. Restart the dance on the front wall!**

Contact: dancejunkie71@yahoo.com