

Prayzy (July 2026)

Choreographer : Ivonne Verhagen

Type of dance : 4 wall line dance

Level : High Beginner

Counts : 32

Intro: Start at approx 15 secs (on lyrics & beat)

[Home](#)

Music : My special prayer

Artist : Ziggy in tha House

BPM : 97

[Dancevideo](#)

SEC 1: ROCK STEP, COASTER STEP (WITH RIGHT & LEFT)

1-2 Rock right forward, recover on left

3&4 Step right back, close left to right, step right forward

5-6 Rock left forward, recover on right

7&8 Step left back, close right to left, step left forward

SEC 2: WALK FORWARD R-L-R-L, STEP SIDE, BALL STEP TO RIGHT & LEFT

1-4 Step forward on right, left, right , left

5&6 Step right side, close left on ball of foot, step right in place (optional arms high right)

7&8 Step left side, close right on ball of foot. Step left in place (optional arms high left)

SEC 3: K STEP ¼ TURN WITH CLAPS

1-2 Step right diagonal forward, touch left & clap

3-4 Step left diagonal back, touch right & clap

5-6 ¼ turn right & step right to the side, touch left & clap (3:00)

7-8 Step left to the side, touch right & clap

SEC 4: ROCKING CHAIR, 4X 1/8 TURN WALK (R-L-R-L)

1-2 Rock right forward, recover on left

3-4 Rock right back, recover on left

5-6 1/8 turn left & step right forward, 1/8 turn left & step left forward

7-8 1/8 turn left & step right forward, 1/8 turn left & step left forward (9:00)