



Praise God (He Done Smiled On Me)

Choreographed by *Guylaine Bourdages*

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Music: Praise God

Album: *HeartLine Tony Lewis (2010)*

Rumba Novice/Inter 4 walls, Intro: 16 counts

1-8 Rumba Walk Forward (RLR), Hold, Hip Push (LRL), Pause

1to4 Walk Forward (Right, Left, Right) ,Hold (weight on Right Foot)

5to8 Hip Sway (Left, Right, Left) Hold(weight on Left Foot Back)

9-16 Back, Together, Forward, Together, Side Hold, Cross Behind, Unwind

1-2 Right Foot Back, Left Beside Right

3-4 Right Foot Forward, Left Beside Right

5-6 Right Foot to Right, Hold

7-8 Cross ball of Left Foot Behind Right, Turn ½ Left finish weight on left foot

17-24 Rumba Walk Forward (RLR), Pause, Hip Push (LRL), Pause

Do again Counts 1to8

25-32 Back, Together, Forward, Together, Side Pause, Cross Behind, Unwind

Do again Counts 9 to 16

33-40 Rock Step (R),Cross Diagonally Left, Pause, Left Foot Diagonally Left Hip Sway LRL Hold

1to4 Rock Step Right Foot to Right, Recover on Left , Cross Right Foot in Front of Left (Diagonally Left), Hold

5to8 Left Foot Diagonally Left , Hip Sway Left Right Left Finish weight on Left Foot PG

41-48 Jazz Box and Cross, Side, Back, Side, Turn 1/4 L

1-2 Right Foot Cross in Front of Left, Left Foot Back

3-4 Step Right Foot to Right, Left Foot cross in front of Right

5-6 Step Right Foot to Right, Left Foot cross behind Right

7-8 Step Right Foot to Right, ¼ Left finish weight on Left Foot forward

49-56 Mambo Step (R) Forward, Mambo Step (L) Backward

1to4 Rock Step Right Foot Forward, recover on Left, Right Foot beside Left, Hold

5to8 Rock Step Left Foot Back, Recover on Right, Left Foot Forward Pause

57-64 Rumba Walk Full Turn Left (R, L, R, Hold, L, R, L, Hold)

1to4 Walk Forward (Right, Left, Right) Pause and begin a full circle to the Left

5to8 Continue to walk Left, Right, Left and finish the circle

Ahhhhh le Rumba, Move your Hips... take time to apply your technic and the most important...

Enjoy and smile !

Guylaine