



Prayed for You

Count: 32

Wall: 2

Level: Easy Intermediate

Choreographer: Fred Whitehouse (IRE) - February 2026

Music: Prayed for You - Matt Stell

SEC 1 Step Sweep, Cross, Side, Back Rock Side, Back Rock $\frac{1}{4}$ Back, $\frac{1}{4}$ Side Sway, Sway, Sway

- 1-2& Step right forward sweeping left from back to front, cross left over right, step right to right
3-4& Rock left behind right, recover weight on to right, step left to left
5-6& Rock right behind left, recover weight on to left, turn $\frac{1}{4}$ left step right back (9:00)
7-8& Turn $\frac{1}{4}$ left step left to left swaying body left, sway body right, sway body left (6:00)

Restart Here on Wall 3 (facing 6.00)

SEC 2 $\frac{1}{2}$ Fallaway Diamond, Cross Rock, $\frac{1}{4}$ Step, Step, $\frac{1}{2}$ Pivot

- 1-2& Step right to right, turn $\frac{1}{8}$ right step left forward, step right forward (7:30)
3-4& Turn $\frac{1}{8}$ right step left to left, turn $\frac{1}{8}$ right step right back, step left back (10:30)
5 Turn $\frac{1}{8}$ right step right to right (12:00)
6&7 Cross rock left over right, recover weight on to right, turn $\frac{1}{4}$ left step left forward (9:00)
8& Step right forward, pivot $\frac{1}{2}$ left transferring weight onto left (3:00)

SEC 3 $\frac{1}{4}$ Nightclub Basic, Nightclub Basic, Side Lunge, Recover, $\frac{1}{8}$ Step, Step, $\frac{1}{2}$ Pivot, Step

- 1-2& Turn $\frac{1}{4}$ left step right to right, step left beside right, cross right over left (12:00)
3-4& Step left to left, step right beside left, cross left over right
5-6 Lunge right to right, recover weight on to left
7 Turn $\frac{1}{8}$ left step right forward (10:30)
8&1 Step left forward, pivot $\frac{1}{2}$ right transferring weight onto right, step left forward (4:30)

SEC 4 $\frac{1}{2}$ Back, $\frac{1}{2}$ Step, Step, Rock, Sweep, Back Sweep, Back Sweep, Back

- 2&3 Turn $\frac{1}{2}$ left step right back, turn $\frac{1}{2}$ left step left forward, step right forward (4:30)
4-5 Rock left forward (add hitch R knee for styling), recover weight on to right sweeping left from front to back
6 Step left back sweeping right from front to back
7-8 Step right back sweeping left from front to back, step left back (Hook RF over L)

Note Turn $\frac{1}{8}$ right step right forward to restart the dance (6:00)

Quelle: <https://www.copperknob.co.uk/>