

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 ¼ Back, ¼ 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 ¼ left step right back (9:00)
- 7-8& Turn ¼ 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 ½ Fallaway Diamond, Cross Rock, ¼ Step, Step, ½ Pivot

- 1-2& Step right to right, turn ⅛ right step left forward, step right forward (7:30)
- 3-4& Turn ⅛ right step left to left, turn ⅛ right step right back, step left back (10:30)
- 5 Turn ⅛ right step right to right (12:00)
- 6&7 Cross rock left over right, recover weight on to right, turn ¼ left step left forward (9:00)
- 8& Step right forward, pivot ½ left transferring weight onto left (3:00)

SEC 3 ¼ Nightclub Basic, Nightclub Basic, Side Lunge, Recover, ⅛ Step, Step, ½ Pivot, Step

- 1-2& Turn ¼ 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 ⅛ left step right forward (10:30)
- 8&1 Step left forward, pivot ½ right transferring weight onto right, step left forward (4:30)

SEC 4 ½ Back, ½ Step, Step, Rock, Sweep, Back Sweep, Back Sweep, Back

- 2&3 Turn ½ left step right back, turn ½ 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 ⅛ right step right forward to restart the dance (6:00)
