

# 3 A.M!

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Ann-Kristin Sandberg (NOR) - October 2017

Musik: 3 A.M. - Jesse & Joy & Gente de Zona : (iTunes)



## INTRO: 16 Counts

### S1: ROCK RECOVER x 4

- 1-2& Step R to R side, Recover onto L, Step R next to L
- 3-4& Step L to L side, Recover onto R, Step L next to R
- 5-6& Step R forw, Recover onto L, Step R next to L
- 7-8 Step L backw, Recover onto R

### S2: ½ TURN R-1/2 TURN R-SHUFFLE-CROSS-BACK-1/4 TURN R-TOUCH

- 1-2 ½ turn R stepping L back, ½ turn R stepping R forw F (F 12)
- 3&4 Step L forw, Step R next to L, Step L forw
- 5-6 Cross R over L, Step L backw
- 7-8 ¼ turn R stepping R to R side, Drag L foot next to R (weight on R)(F 03)

### S3: TOE STRUTS x 3-ROCK RECOVER

- 1-2 Touch L toe back, L heel down (bend both knees on count 2)
- 3-4 Touch R toe back, R heel down (bend both knees on count 4)
- 5-6 Touch L toe back, L heel down (bend both knees on count 6)
- 7-8 Step R backw, Recover onto L

### S4: SHUFFLE-STEP-PIVOT ½ TURN R-1/2 TURN R-1/4 TURN R-STEP-TOUCH

- 1&2 Step R forw, Step L next to R, Step R forw
- 3-4 Step L forw, Pivot ½ turn R (F 09)
- 5-6 ½ turn R stepping L backw (F 03), ¼ turn R stepping R to R side (F 06)
- 7-8 Long step forw on L, Drag R foot next to L (weight on L)

## RESTART ON WALL 2 AFTER 32 COUNTS

### S5: SIDE-BACK RECOVER-1/4 TURN L-BACK RECOVER-SIDE-BACK RECOVER-1/4 TURN L INTO SHUFFLE

- 1-2& Step R to R side (F 06), Step L backw, Recover onto R
- 3-4 & ¼ turn L stepping L to L side (F 03), Step R backw, Recover onto L
- 5-6& Step R to R side, Step L bakcw, Recover onto R
- 7&8 ¼ turn L stepping L forw, Step R next to L, Step L forw (F 12)

### S6: ROCK RECOVER-1/2 TURN R INTO SHUFFLE-ROCK RECOVER-3/4 TURN L INTO SHUFFLE

- 1-2 Step R forw, Recover onto L
- 3&4 ½ turn R stepping R forw, Step L next to R, Step R forw (F 06)
- 5-6 Step L forw, Recover onto R
- 7&8 ½ turn L stepping L forw (F 12), Step R next to L, ¼ turn L stepping L forw (F 09)

## RESTART ON WALL 2 AFTER 32 COUNTS FACING 03

(ENDING: Last wall ends F 06): Take one step forw on R, Pivot ½ turn L Facing 12(weight on R)

MOVE YOUR BODY & ENJOY!!

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