

Amen

Count: 32

Wall: 4

Level: Improver

Choreographer: Heather Joffer (USA) & Tracy Durcholz (USA) - May 2016

Music: My Church - Maren Morris



Intro: 16 counts

Toe Heel Stomp, Toe Heel Stomp, Toe Heel Stomp, Step Slide

- 1&2 Bend right knee inward & touch your toes to the floor (1), bend right knee out as heel touches floor (&), step right foot forward (2)
- 3&4 Bend left knee inward & touch your toes to the floor (3), bend left knee out as heel touches floor (&), step left foot forward (4)
- 5&6 Bend right knee inward & touch your toes to the floor (5), bend right knee out as heel touches floor (&), step right foot forward (6)
- 7,8 Step back diagonally on left foot (7), Drag right foot to left foot and touch right next to left (8)

Step Lock Step, Step Lock Step, Cross, Back, Side, Cross, Back, Side, Touch

- 1&2 Step right diagonally forward (1), Lock left knee behind right (&), Step right diagonally forward (2)
- 3&4 Step left diagonally forward (3), Lock right knee behind left (&), Step left diagonally forward (4)
- 5&6 Cross right over left (5), Step back left (&), Step right to right side (6)
- &7&8 Cross left over right (&), Step back right (7), Step left to left side (&), Touch right next to left (8)

Forward & Back & Triple Step, Forward & Back & Step, Left Pivot Turn, Step

- 1&2& Rock forward on right (1), Recover on left (&), Rock back on right (2), Recover on left (&)
- 3&4 Step right foot forward (3), Step left next to right (&), Step right forward (4)
- 5&6& Rock forward on left (5), Recover on right (&), Rock back on left (6), Recover on right (&)
- 7&8 Step forward on left foot (7), pivot ½ turn over right shoulder (&) Step forward on left foot (8)
6:00

Bridge 3rd wall- after 24 counts, there are two additional counts.

Add a Walk, Walk- Stepping forward on right, stepping forward on left. Note, after this bridge, continue the dance with the last 8 counts.

Step Lock Step, Hitch Hip Bump x 2, Step, Slide, Coaster Step, Step

- 1&2 Step right diagonally forward (1), Lock left knee behind right (&), Step right diagonally forward (2)
- 3,4 Hitch left knee lifting left hip up turn 1/4 right (3), Hitch left knee lifting left hip up- slightly higher than before (4) 9:00
- 5,6, Step left foot back diagonally (5), Drag right foot next to left foot, touching right next to left (6)
- 7&8& Step back on right foot (7), Step left next to right (&), Step forward on right foot (8), Step forward on left (&)

Restart: on fifth wall, after 16 counts.

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