

# Amen

COPPER KNOB  
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Improver

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

Musique: 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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