

# Amen

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Caroline Cooper (UK) & Alexis Strong (UK) - October 2017  
音乐: Amen - The Fizz : (amazon)



(Restart Wall 3 - End Of Section 6)

Start dance on the word Brave approx. 4 beats

## SECTION 1- CROSS ROCK, CHASSE ¼ TURN R, STEP ¼ TURN R, CROSS LEFT SHUFFLE

1-2                      Rock R over L (1), Recover On L (2)  
3&4                     Step R to R side, (3) step L next to R, (&) ¼ R stepping forward R (4)  
5-6                     Step Fwd L, (5) Making 1/4 R, Step On R (6)  
7&8                     Cross L over R, (7) step R to R side, (&) cross L over R (8) 6:00

## SECTION 2- SIDE RIGHT HOLD, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT TOUCH, CHASSE RIGHT.

1-2                     Step R to R side (1) Hold (2)  
&3-4                    Step L next to R, (&) step R to R side, (3) Touch L next to R (4)  
5-6                     Step L to L side (5) touch R next to L (6)  
7&8                     Step R to R side, (7) Close L next to R, (&) step R to R side (8) 6:00

## SECTION 3- ROCK BACK RECOVER, X2 KICK BALL CROSS, SIDE ROCK RECOVER.

1-2                     Rock Back On L (1) Recover Fwd On R (2)  
3&4                     Kick L (3) Step L (&) Cross R Over L (4)  
5&6                     Kick L (5) Step L (&) Cross R Over L (6)  
7-8                     Rock L To L (7) Recover On R (8) 6:00

## SECTION 4- 1/4 SAILOR STEP, RIGHT SHUFFLE, X2 1/4 PIVOT TURNS.

1&2                     Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 3:00  
3&4                     Step Fwd R (3) Step L To R (&) Step Fwd R (4)  
5-6                     Step L Fwd (5) Making 1/4 R, Step On R (6) 6:00  
7-8                     Step L Fwd (7) Making 1/4 R, Step On R (8) 9:00

## SECTION 5- ROCK LEFT FORWARD, RECOVER, BACK LEFT SHUFFLE, BACK RIGHT ROCK, RECOVER, SWAY RIGHT, SWAY LEFT.

1-2                     Rock L Fwd, (1) Recover Back On R (2)  
3&4                     Step Back On L (3) Step R To L (&) Step Back On L (4)  
5-6                     Rock Back On R, (5) Recover Fwd On L (6)  
7-8                     Step R to R side And Sway R, (7) Sway L (8) 9:00

## SECTION 6- CROSS POINT, CROSS POINT, UNWIND ½ TURN JUMP BACK, CLAP

1-2                     Cross R over L, (1) point L to L side (2)  
3-4                     Cross L over R, (3) point R to R side (4)  
5-6                     Cross R over L, (5) unwind ½ turn over L (6)  
&7-8                    Jump back L, (&) jump back R, (7) clap (8) 3:00 (RESTART HERE 9 OCLOCK)

## SECTION 7- GRAPEVINE 1/4 TURN, 1/4 GRAPEVINE 1/4 TURN, LEFT PIVOT 1/2 TURN.

1-2                     Step L To L (1) Cross R Behind L (2)  
3-4                     Make 1/4 Turn L, Step On L (3) 12:00 Make 1/4 Turn L, Step On R (4) 9:00  
5-6                     Cross L Behind R (5) Make 1/4 Turn R, Step On R (6) 12:00  
7-8                     Step L Fwd (7) Pivot 1/2 Turn, Step On R (8) 6.00

**SECTION 8- FORWARD LEFT SHUFFLE, RIGHT STEP PIVOT 1/2 TURN, 1/4 RIGHT JAZZ BOX STEP.**

1&2            Step L Fwd (1) Step R To L (&) Step L Fwd (2)  
3-4            Step R Fwd (3) Make 1/2 L, Step On L (4) 12:00  
5-6            Cross R Over L (5) Step L Back 1/4 Turn R (6)  
7-8            Step R To R (7) Step Fwd L (8) 3:00

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