

Woman Amen

拍数: 64 墙数: 4 级数: Improver +
编舞者: Rob Fowler (ES) - January 2018
音乐: Woman, Amen - Dierks Bentley



Intro: 32 (approx. 16 secs) – BPM: 120 (approx.)

S1: Rock Fwd, Recover & Heel, Hold, & Rock, Recover, $\frac{3}{4}$ Shuffle Turn

1,2& Rock fwd R, Recover on L, Step R next to L
3,4& Touch L heel fwd, Hold, Step L next to R
5,6 Rock forward R, Recover on L
7&8 Make a $\frac{3}{4}$ turn R shuffling R,L,R (9 o'clock)

S2: Side Rock, Recover, Heel Jack, Cross, Side, Behind Side Cross

1,2 Rock L to L side, Recover on R
3&4& Cross L over R, Step R to R side, Touch L heel to L side, Step L next to R
5,6 Cross R over L, Step L to L side
7&8 Step R behind L, Step L to L side, Cross R over L (9 o'clock)

RESTART On wall 2, S2: Change Counts 7&8 to 7,8 Step R Behind L, Step L to L Side, RESTART(facing 6 o'clock)

S3: Side Rock, Recover, Cross Shuffle, $\frac{1}{2}$ Hinge Turn, Cross Shuffle

1,2 Rock L to L side, Recover on R
3&4 Cross L over R, Step R to R side, Cross L over R
5,6 Step R to R side, Make a $\frac{1}{2}$ Hinge Turn L stepping L to L side
7&8 Cross R over L, Step L to L side, Cross R over L (3 o'clock)

S4: Side Rock, Recover, Behind Side Cross, 2 x $\frac{1}{2}$ Pivot Turns

1,2 Rock L to L side, Recover on R
3&4 Step L behind R, Step R to R side, Cross L over R
5,6 Step fwd R, make $\frac{1}{2}$ pivot turn L
7,8 Step fwd R, make $\frac{1}{2}$ pivot turn L (3 o'clock)

S5: Switch Steps, L Sailor Step, R Sailor Step

1&2& Point R to R side, Step R next to L, Touch L heel fwd, Step L next to R
3&4 Touch R heel fwd, Step R next to L, Point L to L side
5&6 Cross step L behind R, step R to R side, step L to L side
7&8 Cross step R behind L, step L to L side, step R to R side (3 o'clock)

S6: Rock Fwd, Recover, $\frac{1}{2}$ Turn Shuffle x 2, L Coaster Step

1,2 Rock forward L, Recover on R
3&4 Make a $\frac{1}{2}$ turn L shuffling L,R,L (9 o'clock)
5&6 Make a $\frac{1}{2}$ turn L shuffling R,L,R (3 o'clock)
7&8 Step back L, Step R next to L, Step fwd L (3 o'clock)

S7: Cross, Side Rock, Recover, Cross Point, Cross, Side Rock, Recover, Cross Point

1&2 Cross R over L, Rock L to L side, Recover to R
3,4 Cross L over R, Point R to R side
5&6 Cross R over L, Rock L to L side, Recover to R
7,8 Cross L over R, Point R to R side (3 o'clock)

S8: Rock Fwd, Recover, $\frac{1}{2}$ Turn Shuffle, 2 x $\frac{1}{2}$ Turns, Shuffle Fwd

1,2 Rock forward R, Recover on L

3&4 Make a ½ turn R shuffling R,L,R
5,6 Make a ½ Turn R stepping back L, Make ½ turn R stepping fwd R
7&8 Step fwd L, Step R next to L, Step fwd L (9 o'clock)

Start Over

Last Update - 25th Jan. 2018
