

# 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**

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