

Woman Amen

拍数: 64 墙数: 4 级数: Improver
编舞者: Cheryl Dibble (USA) - February 2018
音乐: Woman, Amen - Dierks Bentley



Begin with lyrics

{1-8} CROSS ROCK R OVER L, ¼ RIGHT TURN SHUFFLE; STEP-TURN-STEP, HOLD

1,2,3&4 Cross rock R over L, recover L. Shuffle turning ¼ right RLR
5,6,7,8 Step forward on L, step on R turning ½ right, step forward on L, hold (9:00)

{9-16} CROSS ROCK R OVER L, ¼ RIGHT TURN SHUFFLE; STEP-TURN-STEP, HOLD

*This is a repeat of {1-8}

1,2,3&4 Cross rock R over L, recover L. Shuffle turning ¼ right RLR
5,6,7,8 Step forward on L, step on R turning ½ right, step forward on L, hold (6:00)

**Restart here on 2nd wall

{17-24} ROCKING CHAIR ON R, 1/2 LEFT TURNING SHUFFLE, ROCK, RECOVER

1,2,3,4 Rock forward on R, recover L, rock back on R, recover L
5&6,7,8 Shuffle RLR making ½ turn left, rock back on L, recover R (12:00)

{25-32} ROCKING CHAIR ON L, ½ RIGHT TURNING SHUFFLE, ROCK, RECOVER

1,2,3,4 Rock forward on L, recover R, rock back on L, recover R
5&6,7,8 Shuffle LRL turning ½ right, rock back on R, recover L (6:00)

{33-40} RIGHT ROCK, RECOVER, CROSS SHUFFLE, STEP, HINGE TURN, STEP L OVER R, HOLD

1,2,3&4 Rock R to right, recover L, cross shuffle R over L RLR
5,6,7,8 Step L beside R, swing R turning ½ right, step L over R, hold (12:00)

{41-48} ROCK RIGHT, RECOVER, CROSS SHUFFLE, STEP, HINGE TURN, STEP L OVER R, HOLD

*This a repeat of {33-40}

1,2,3&4 Rock R to right, recover L, cross shuffle R over L RLR
5,6,7,8 Step L beside R, swing R turning ½ right, step L over R, hold (6:00)

{49-56} VINE RIGHT, TURN ¼ RIGHT AND WEAVE LEFT

1,2,3 Step right on R, step L behind R, step R to right
4 Step on L turning ¼ right
5,6,7,8 Step R behind L, step L to left, step R over L, step L to left (9:00)

{57-64} SHUFFLE RIGHT SIDE, ROCK LEFT BACK, RECOVER, STEP-TURN-STEP, HOLD

1&2,3,4 Shuffle R to right RLR, rock back on L, recover R
5,6,7,8 Step L forward, step on R turning ½ right, step forward on L, hold (3:00)

**RESTART on wall 2 after 16 steps

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