

Woman Amen

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: beginner
编舞者: Jennifer Jones (USA) - June 2018
音乐: Woman, Amen - Dierks Bentley



#32 count intro: Begin dance on lyrics

Section 1: Grapevine right with touch, Grapevine left with touch

1-4 step R foot right, cross L foot behind R foot, step R foot right, touch L foot next to R
5-8 step L foot left, cross R foot behind L foot, step L foot left, touch R foot next to L foot

Section 2: walk forward 4 steps, 2 balance steps with claps

1-4 walk forward R foot, L foot, R foot, touch L foot next to R foot
5,6 step L foot L, touch R foot next to L foot (clap on 14th beat)
7,8 step R foot R, touch L foot next to R foot (clap on 16th beat)

Section 3: walk back 4 steps, followed by Right ¼ turning jazz box

1-4 step back L foot, R foot, L foot, touch R foot next to L foot (no weight on L foot)
5,6 cross R foot over L foot, step back on L foot
7,8 ¼ turn step right to R side, close L foot next to R foot

Section 4: touch R heel forward, return R next to L, touch L heel forward, return L next to R (4x)

1,2 touch R heel diagonally forward (1:00), return R foot next to L foot
3,4 touch L heel diagonally forward (11:00), return L foot next to R foot
5,6 touch R heel diagonally forward (1:00), return R foot next to L foot
7,8 touch L heel diagonally forward (11:00), return L foot next to R foot

Start dance over

EASY RESTART: on wall 3 (facing back wall), restart after count 16 : CHANGE "touch" to "step" on count 16, begin dance again.

For a fun couples line dance: begin in sweetheart position and dance side by side in the line, change the turning jazz box to a front facing box

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Thank-you and enjoy the dance.

Contact: jenjones2018dance@gmail.com

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