

Amen

拍数: 80 墙数: 4 级数: High Beginner
编舞者: Cathy Snow (USA) - October 2018
音乐: Amen - Timmy Brown



INTRO: 16 counts

[1-8] WALK, WALK, SIDE ROCK STEP

1-2 Walk right, walk left
3&4 Rock right side, step right
5-6 Walk left, walk right
7&8 Rock left, step left

[9-16] WEAVE, ROCK STEP, RECOVER, RIGHT CROSS SHUFFLE

1-2 Step right to right side, step left behind right
3-4 Step right to right side, cross left over right
5-6 Rock right to right side, recover weight to left
7&8 Cross shuffle right, left right

[17-24] WEAVE, ROCK STEP, RECOVER, LEFT CROSS SHUFFLE

1-2 Step left to left side, step right behind left
3-4 Step left to left side, cross right over left
5-6 Rock left to left side, recover weight to right
7&8 Cross shuffle left, right, left

[25-32] SHUFFLE FORWARD, ROCK, RECOVER; WALK BACKWARD, ROCK, COASTER

1&2 Shuffle forward stepping right, left, right
3-4 Rock left forward; recover on right
5&6 Walk backward stepping left, right,
7-8 Step back left, step right next to left, step left forward

[33-40] TOE-HEEL STOMPS

1&2 Touch right toe beside left with knee pointing toward left. Touch right heel forward with toe pointing outward. Stomp right in front of left.
3&4 Touch left toe beside right with knee pointing toward right. Touch left heel forward with toe pointing outward. Stomp left in front of right.
5&6 Touch right toe beside left with knee pointing toward left. Touch right heel forward with toe pointing outward. Stomp right in front of left.
7&8 Touch left toe beside right with knee pointing toward right. Touch left heel forward with toe pointing outward. Stomp left in front of right.

[41-48] CROSS ROCKS RIGHT & LEFT, BACK LOCK STEP, COASTER STEP

1&2 Step right to right side, cross right over left (weighted)
3&4 Step left to left side, cross left over right (weighted)
5&6 Step back right, step left back in front of right, step right
7&8 Step back left, back right, step forward left

[49- 64] REPEAT STEPS 33-48

[65-72] LINDY RIGHT, RECOVER, LINDY LEFT, RECOVER

1&2 Shuffle to right; right, left, right
3-4 Rock back on left behind right, recover right
5&6 Shuffle to left; left, right, left

7-8 Rock back right behind left, recover left

[73-80] RIGHT JAZZ BOX; ¼ TURN, JAZZ BOX

1-2 Cross and step right over left; step back left

3-4 Step right to right side, step left next to right

5-6 Cross right over left, step back with left turning ¼ to right

7-8 Step right forward, step left together with right

TAG: 3:00 Wall (2nd rotation) Dance 24 counts then tag.

***SYNCOPATED ROCKING CHAIR x2**

1&2&3&4& Rock forward right, recover left, rock forward right, recover left, rock forward right, recover left, rock forward right, and recover left

RESTART DANCE with right toe-heel stomps [33-40]

TAG 6:00 wall (3rd rotation) Dance first 8 counts

RIGHT HEEL FORWARD/BACK; LEFT HEEL FORWARD/BACK

1& Touch right heel forward, step right together

2& Touch left heel forward, step left together

RESTART DANCE with right toe-heel stomps [33-40]

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