

# 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.**

**\*SYNCOATED 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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