

# Amen (a Man)

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jamie Marshall (USA), Jason Turner (USA) & Willie Brown (SCO) - October 2024  
音乐: Amen (A Man) - Nik West



## \*\*2 Restarts (Wall 5 & Wall 11) / Intro 16 Counts

### A PRESS, RECOVER, FULL TRIPLE R, STEP, KICK, OUT, OUT, POSE

1,2            Press R forward (1), Recover onto L (2)  
3&4           R full turning triple, R (3), L (4), R (5) (12:00)  
5,6            Step L forward (5), Kick R forward (6)  
&7            Step R back (&), Step L to L (7)  
8              Bend R knee in, slightly bending body to L, with open hands at ears (8) (12:00)

### B ¼ R, ½ R, ¼ TRIPLE, CROSS, ¼ SWEEP, OUT, OUT, TOUCH

1,2            Turn ¼ R, stepping R forward (1), Turn ½ R, stepping L back (2)  
3&4            Turn ¼ R, stepping R to R (3), Step L next to R (&), Step R to R (4) (12:00)  
5,6            Cross L over R (5), Turn ¼ L, sweeping R, back to front (6)  
7&8            Step R forward (7), Step L to L (&), Touch R next to L (8) (9:00)

#### \*Restart Wall 5 and Wall 11

### C STEP, KNEE, HOLD, KNEE, KNEE, 1/8 TURN KNEE POP, 1/8 TURN KNEE POP, ¼ TRIPLE

&1,2           Step R in place (&), Turn L knee inwards to R, keeping weight on R (1), Hold (2)  
3,4            Taking weight onto L, turn R knee inwards to L (3), Taking weight onto R, turn L knee inwards to L (weight on R) (9:00)  
5,6            Turn 1/8 R, stepping L forward, popping R knee, Turn 1/8 R, stepping R forward, popping L knee (weight on R) (6:00)  
7&8            Triple step, turning ¼ L (7), R (&), L (8) (3:00)

### D STEP, ½ PIVOT L, FULL TURN L, MODIFIED V, BACK, CLAP, CLAP

1,2            Step R forward (1), Pivot ½ L, stepping L in place (2)  
3,4            Turn ½ L, stepping R back (3), Turn ½ L, stepping L forward (4)

#### \*Option 3,4 – Step R forward (3), Step L forward (4)

5,6            Step R to R (5), Step L to L (6)  
&7            Step R back (&), Step L next to R (7)  
&8            Slap hands together, moving R down, L up (&), Slap hands together, moving L down, R up (8) (3:00)

Instructional Video: <https://youtu.be/ejgUT3I74II?feature=shared>