

# Amen For The Weekend

COPPERKNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Gitte Voigt (DK) - February 2025  
音乐: Amen For The Weekend - Lane Pittman



Start right away on the word "Amen"

## S1: R STOMP, L TOUCH, CLAP, L STOMP, R TOUCH, CLAP, R ROCK FORWARD, WALK BACK RL

1&2                      Stomp RF fwd (1), touch LF beside RF (&), clap (2)  
3&4                      Stomp LF fwd (3), touch RF beside RF (&), clap (4)  
5-6                      Rock fwd on RF, Recover back on LF  
7-8                      Walk back on RF then LF [12:00]

## S2: ¼ TURN R, CHASSE (R), ¼ TURN R, CHASSE (L), HIP SWAYS RLRL

1&2                      Make a ¼ turn R Stepping RF to side (1), Step LF beside RF (&), Step RF to R (2) [3:00]  
3&4                      Make a ¼ turn R Stepping LF to side (3), Step RF beside LF (&), Step LF to L (4) [6:00]  
5-8                      Step RF slightly out to R and sway hips RLRL [6:00]

\*Restart Wall 3, 5 & 7

## S3: SYNCOPATED SIDE ROCKS R&L&, JAZZBOX ¼ TOUCH

1-2&                      Rock RF to R, Recover on to LF, Step RF beside LF  
3-4&                      Rock LF to L, Recover on to RF, Step LF beside RF  
5-6                      Cross RF over LF, Step back on LF  
7-8                      Turn ¼ R Stepping fwd on RF, Touch LF beside RF [9:00]

## S4: ROLLING VINE L, TOUCH, SIDE, SLIDE, TOGETHER, BACK ROCK

1-2                      Turn ¼ L Stepping LF fwd, Turn ½ L Stepping Back on RF [12:00]  
3-4                      Turn ¼ L Stepping LF to L, Touch RF beside LF [9:00]  
5-6                      RF Take a big step to R while sliding LF towards RF, Step LF beside RF  
7-8                      Rock RF back, Recover on to LF [9:00]

Non turning option\*\*

\*RESTART: Dance 16 counts of Wall 3, 5 & 7, then restart the dance from the beginning

\*\*Non turning option:

### VINE L, TOUCH

1-2                      Step LF to L, Cross RF behind LF  
3-4                      Step LF to L, Touch RF beside LF

STYLING: On wall 2, 5 & 7 the music is softer, so switch the two stomps in the first section with ordinary steps and do finger clicks instead of the claps.

NO ENDING NEEDED: The dance will end nicely at 12:00 after 9 walls, but take a step forward on right foot when the wall ends anyway

Last Update: 2 Feb 2025