

Amen

拍数: 32 墙数: 4 级数:
编舞者: Bill Govett
音乐: Forever and Ever, Amen - Randy Travis



FORWARD, FORWARD, SHUFFLE, FORWARD, FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

1-2 Step right forward, step left forward
3&4 Shuffle forward right-left-right
5-6 Step left forward, rock back onto right
7&8 Turn ½ turn left shuffle forward left-right-left

TOUCH-TOGETHER-TOUCH-TOGETHER-TOUCH-BACK-FORWARD, FORWARD, ROCK BACK, ¾ TURN SHUFFLE FORWARD

1& Touch right toe to the side, step right together
2& Touch left toe to the side, step left together
3&4 Touch right toe to the side, step right back, step left forward
5-6 Step right forward, rock back onto left
7&8 Turn ¾ turn right shuffle forward right-left-right

FORWARD, ROCK BACK, COASTER STEP, QUICK PADDLE, QUICK PADDLE, TOGETHER-BOUNCE-BOUNCE

1-2 Step left forward, rock back onto right
3&4 Coaster: step left back, step right back, step left forward
&5 Step right forward, turn ¼ turn left take weight onto left
&6 Step right forward, turn ¼ turn left take weight onto left
&7-8 Step right together, heel bounce, heel bounce

FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD, FORWARD, ½ TURN, SHUFFLE FORWARD

1-2 Step right forward, rock back onto left
3&4 Turn ½ turn right shuffle forward right-left-right
5-6 Step left forward, turn ½ turn right take weight onto right
7&8 Shuffle forward left-right-left

REPEAT

TAG

At the end of the 4th wall there is a 16 beat instrumental break. Repeat the first 8 beats of the dance twice then commence the dance from the start again.