

# 3 AM

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Inge Vestergård (DK) - March 2016  
音樂: 3 AM - Mads Langer



**Intro: 32 count intro ( 15 sec. Into track). Start with weight on L foot, facing 9 o'clock.**

**Sec. 1: R Fwd, ¼ Turn R with Hitch, Step Fwd, Tap, Step Back, ½ Turn L, Step, ¼ Turn L**

1 - 2      Step R fwd, On ball of R Turn ¼ R hitching L (12.00)  
3 - 4      Step L fwd, Tap R behind L turning body slightly towards R  
5 - 6      Step R back, ½ Turn L stepping fwd L (6.00)  
7 - 8      Step R fwd, ¼ Turn L, weight ends on L (3.00)

**Sec. 2: 2 x Cross Point, Jazzbox ¼ Turn R**

1 - 2      Cross R over L, Point L to L side  
3 - 4      Cross L over R, Point R to R side  
5 - 8      Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R (6.00)

**\*\* Restart here on Wall 4 facing 3 o'clock.**

**Sec. 3: Chassé R, Back Rock, ½ Monterey Turn L**

1 & 2      Step R to R side, Step L beside R, Step R to R side  
3 - 4      Rock back L, Recover R  
5 - 6      Touch L to L side, ½ turn L stepping L next to R (2) 6.00  
7 - 8      Touch R to R side, Touch R beside L (12.00)

**Sec. 4: 2 x Syncopated Heel Switch, Step, Scuff/Stomp, Rock Step, Coaster Step**

1&2&      Dig R Heel fwd, Step R beside L, Dig L Heel fwd, Step L beside R  
3 - 4      Step R fwd, Scuff /Stomp L beside R  
5 - 6      Rock fwd on L, Recover on R  
7&8      Step back on L, Step R beside L, Step fwd on L

**\* Tag after Wall 2 facing 3 o'clock: Right Rocking Chair**

1 - 4      Rock R fwd, Recover on L, Rock back R, Recover L.

**\*\* Restart on Wall 4 after 16 counts facing 3 o'clock**

**\*\*\* Tag after Wall 9 facing 6 o'clock: Right Rocking Chair, 2 x Heel Switch, Right Rocking Chair**

1 - 4      Rock R fwd, Recover on L, Rock back R, Recover L  
5 - 8      Dig R Heel fwd, Step R next to L, Dig L Heel fwd, Step L next to R  
9 - 12      Rock R fwd, Recover on L, Rock back R, Recover L

**Ending on Wall 11 facing 12 o'clock.**

**Replace the coasterstep with a step back on L, and then drag R Heel/Foot slowly backwards beside L. □**

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