

# Amen

拍數: 32      牆數: 4      級數: Improver  
編舞者: Heather Joffer (USA) & Tracy Durcholz (USA) - May 2016  
音樂: My Church - Maren Morris



Intro: 16 counts

## Toe Heel Stomp, Toe Heel Stomp, Toe Heel Stomp, Step Slide

- 1&2      Bend right knee inward & touch your toes to the floor (1), bend right knee out as heel touches floor (&), step right foot forward (2)  
3&4      Bend left knee inward & touch your toes to the floor (3), bend left knee out as heel touches floor (&), step left foot forward (4)  
5&6      Bend right knee inward & touch your toes to the floor (5), bend right knee out as heel touches floor (&), step right foot forward (6)  
7,8      Step back diagonally on left foot (7), Drag right foot to left foot and touch right next to left (8)

## Step Lock Step, Step Lock Step, Cross, Back, Side, Cross, Back, Side, Touch

- 1&2      Step right diagonally forward (1), Lock left knee behind right (&), Step right diagonally forward (2)  
3&4      Step left diagonally forward (3), Lock right knee behind left (&), Step left diagonally forward (4)  
5&6      Cross right over left (5), Step back left (&), Step right to right side (6)  
&7&8      Cross left over right (&), Step back right (7), Step left to left side (&), Touch right next to left (8)

## Forward & Back & Triple Step, Forward & Back & Step, Left Pivot Turn, Step

- 1&2&      Rock forward on right (1), Recover on left (&), Rock back on right (2), Recover on left (&)  
3&4      Step right foot forward (3), Step left next to right (&), Step right forward (4)  
5&6&      Rock forward on left (5), Recover on right (&), Rock back on left (6), Recover on right (&)  
7&8      Step forward on left foot (7), pivot ½ turn over right shoulder (&) Step forward on left foot (8)  
6:00

Bridge 3rd wall- after 24 counts, there are two additional counts.

Add a Walk, Walk- Stepping forward on right, stepping forward on left. Note, after this bridge, continue the dance with the last 8 counts.

## Step Lock Step, Hitch Hip Bump x 2, Step, Slide, Coaster Step, Step

- 1&2      Step right diagonally forward (1), Lock left knee behind right (&), Step right diagonally forward (2)  
3,4      Hitch left knee lifting left hip up turn 1/4 right (3), Hitch left knee lifting left hip up- slightly higher than before (4) 9:00  
5,6,      Step left foot back diagonally (5), Drag right foot next to left foot, touching right next to left (6)  
7&8&      Step back on right foot (7), Step left next to right (&), Step forward on right foot (8), Step forward on left (&)

Restart: on fifth wall, after 16 counts.

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