

Amen

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Caroline Cooper (UK) & Alexis Strong (UK) - October 2017
音樂: Amen - The Fizz : (amazon)



(Restart Wall 3 - End Of Section 6)

Start dance on the word Brave approx. 4 beats

SECTION 1- CROSS ROCK, CHASSE ¼ TURN R, STEP ¼ TURN R, CROSS LEFT SHUFFLE

1-2 Rock R over L (1), Recover On L (2)
3&4 Step R to R side, (3) step L next to R, (&) ¼ R stepping forward R (4)
5-6 Step Fwd L, (5) Making 1/4 R, Step On R (6)
7&8 Cross L over R, (7) step R to R side, (&) cross L over R (8) 6:00

SECTION 2- SIDE RIGHT HOLD, LEFT TOGETHER, RIGHT SIDE, LEFT TOUCH, LEFT SIDE, RIGHT TOUCH, CHASSE RIGHT.

1-2 Step R to R side (1) Hold (2)
&3-4 Step L next to R, (&) step R to R side, (3) Touch L next to R (4)
5-6 Step L to L side (5) touch R next to L (6)
7&8 Step R to R side, (7) Close L next to R, (&) step R to R side (8) 6:00

SECTION 3- ROCK BACK RECOVER, X2 KICK BALL CROSS, SIDE ROCK RECOVER.

1-2 Rock Back On L (1) Recover Fwd On R (2)
3&4 Kick L (3) Step L (&) Cross R Over L (4)
5&6 Kick L (5) Step L (&) Cross R Over L (6)
7-8 Rock L To L (7) Recover On R (8) 6:00

SECTION 4- 1/4 SAILOR STEP, RIGHT SHUFFLE, X2 1/4 PIVOT TURNS.

1&2 Cross L Behind R (1) Making 1/4 Turn L, Step On R (&) Step On L (2) 3:00
3&4 Step Fwd R (3) Step L To R (&) Step Fwd R (4)
5-6 Step L Fwd (5) Making 1/4 R, Step On R (6) 6:00
7-8 Step L Fwd (7) Making 1/4 R, Step On R (8) 9:00

SECTION 5- ROCK LEFT FORWARD, RECOVER, BACK LEFT SHUFFLE, BACK RIGHT ROCK, RECOVER, SWAY RIGHT, SWAY LEFT.

1-2 Rock L Fwd, (1) Recover Back On R (2)
3&4 Step Back On L (3) Step R To L (&) Step Back On L (4)
5-6 Rock Back On R, (5) Recover Fwd On L (6)
7-8 Step R to R side And Sway R, (7) Sway L (8) 9:00

SECTION 6- CROSS POINT, CROSS POINT, UNWIND ½ TURN JUMP BACK, CLAP

1-2 Cross R over L, (1) point L to L side (2)
3-4 Cross L over R, (3) point R to R side (4)
5-6 Cross R over L, (5) unwind ½ turn over L (6)
&7-8 Jump back L, (&) jump back R, (7) clap (8) 3:00 (RESTART HERE 9 OCLOCK)

SECTION 7- GRAPEVINE 1/4 TURN, 1/4 GRAPEVINE 1/4 TURN, LEFT PIVOT 1/2 TURN.

1-2 Step L To L (1) Cross R Behind L (2)
3-4 Make 1/4 Turn L, Step On L (3) 12:00 Make 1/4 Turn L, Step On R (4) 9:00
5-6 Cross L Behind R (5) Make 1/4 Turn R, Step On R (6) 12:00
7-8 Step L Fwd (7) Pivot 1/2 Turn, Step On R (8) 6.00

SECTION 8- FORWARD LEFT SHUFFLE, RIGHT STEP PIVOT 1/2 TURN, 1/4 RIGHT JAZZ BOX STEP.

1&2 Step L Fwd (1) Step R To L (&) Step L Fwd (2)
3-4 Step R Fwd (3) Make 1/2 L, Step On L (4) 12:00
5-6 Cross R Over L (5) Step L Back 1/4 Turn R (6)
7-8 Step R To R (7) Step Fwd L (8) 3:00

CONTACT DETAILS

Caroline Cooper Email :- coolcoopers@yahoo.com

Alexis Strong Email :- alexisstrong0421@gmail.com
