

Woman Amen

拍數: 32 牆數: 2 級數: Improver
編舞者: Candy Sherwin (USA) - September 2022
音樂: Woman, Amen - Dierks Bentley



#32 Count Intro

(1-8) Walk, hold, Lock shuffle forward, rock recover, ½ turn, ½ turn

1-2 Step RF forward (1), hold (2)
3&4 Forward LF, Lock RF behind L, Forward LF
5-8 RF forward, rock back on LF, ½ turn R stepping forward RF (6:00), ½ turn R stepping back on LF (12:00)

(9-16) Back and drag, Coaster, Kick Ball Step, Kick Step Point

1-2 Step RF back, hold and drag LF next to RF
3&4 LF back, Step RF next to LF, Step LF forward
5&6 Kick RF forward, Step RF ball next to LF, Step LF slightly forward
7&8 Kick RF forward, Step RF ball next to LF, Point LF side

***Re-start here during Wall 3**

(17-24) Step and Point, Hold, Slow Sailor Step, Rolling grapevine

&1-2 Step LF next to R, point RF side, hold
3-5 step RF behind LF, step LF side ¼ turn R (3:00), step RF side (slowed down sailor step)
6-8 Step LF forward ¼ turn L (12:00), step RF side ¼ L (9:00), step LF side ½ turn L (3:00) (Turn is a rolling grapevine)

(25-32) Walk, Hold, Walk, Hold, Forward Mambo, Coaster

1-4 Step RF ¼ turn R (6:00), hold, step LF forward, hold
5&6 RF forward, Rock back LF, Step RF back (Mambo)
7&8 Step LF back, Step RF next to LF, Step LF forward (coaster step)

TAG END OF WALL 9 (Starting Wall 10) AFTER DANCING LAST COUNT OF 8, ADD TAG, RE-START 12:00

1-4 Step RF forward, ½ pivot to LF, Step RF forward, ½ pivot to LF
5&6 RF forward, Rock back LF, Step RF next to LF (Mambo)
7&8 Step LF back, Step RF next to LF, Step LF forward (coaster step)

START AGAIN AND ENJOY!

To finish with a clean ending, last wall is 6:00, dance 1st 8 and make ½ turn R stepping R forward to 12:00.

Last Update: 6 Oct 2022