

Amen (a Man)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jamie Marshall (USA), Jason Turner (USA) & Willie Brown (SCO) - October 2024
音樂: Amen (A Man) - Nik West



****2 Restarts (Wall 5 & Wall 11) / Intro 16 Counts**

A PRESS, RECOVER, FULL TRIPLE R, STEP, KICK, OUT, OUT, POSE

1,2 Press R forward (1), Recover onto L (2)
3&4 R full turning triple, R (3), L (4), R (5) (12:00)
5,6 Step L forward (5), Kick R forward (6)
&7 Step R back (&), Step L to L (7)
8 Bend R knee in, slightly bending body to L, with open hands at ears (8) (12:00)

B ¼ R, ½ R, ¼ TRIPLE, CROSS, ¼ SWEEP, OUT, OUT, TOUCH

1,2 Turn ¼ R, stepping R forward (1), Turn ½ R, stepping L back (2)
3&4 Turn ¼ R, stepping R to R (3), Step L next to R (&), Step R to R (4) (12:00)
5,6 Cross L over R (5), Turn ¼ L, sweeping R, back to front (6)
7&8 Step R forward (7), Step L to L (&), Touch R next to L (8) (9:00)

***Restart Wall 5 and Wall 11**

C STEP, KNEE, HOLD, KNEE, KNEE, 1/8 TURN KNEE POP, 1/8 TURN KNEE POP, ¼ TRIPLE

&1,2 Step R in place (&), Turn L knee inwards to R, keeping weight on R (1), Hold (2)
3,4 Taking weight onto L, turn R knee inwards to L (3), Taking weight onto R, turn L knee inwards to L (weight on R) (9:00)
5,6 Turn 1/8 R, stepping L forward, popping R knee, Turn 1/8 R, stepping R forward, popping L knee (weight on R) (6:00)
7&8 Triple step, turning ¼ L (7), R (&), L (8) (3:00)

D STEP, ½ PIVOT L, FULL TURN L, MODIFIED V, BACK, CLAP, CLAP

1,2 Step R forward (1), Pivot ½ L, stepping L in place (2)
3,4 Turn ½ L, stepping R back (3), Turn ½ L, stepping L forward (4)

***Option 3,4 – Step R forward (3), Step L forward (4)**

5,6 Step R to R (5), Step L to L (6)
&7 Step R back (&), Step L next to R (7)
&8 Slap hands together, moving R down, L up (&), Slap hands together, moving L down, R up (8) (3:00)

Instructional Video: <https://youtu.be/ejgUT3I74II?feature=shared>