

Amen For The Weekend

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Gitte Voigt (DK) - February 2025
音樂: Amen For The Weekend - Lane Pittman



Start right away on the word "Amen"

S1: R STOMP, L TOUCH, CLAP, L STOMP, R TOUCH, CLAP, R ROCK FORWARD, WALK BACK RL

1&2 Stomp RF fwd (1), touch LF beside RF (&), clap (2)
3&4 Stomp LF fwd (3), touch RF beside RF (&), clap (4)
5-6 Rock fwd on RF, Recover back on LF
7-8 Walk back on RF then LF [12:00]

S2: ¼ TURN R, CHASSE (R), ¼ TURN R, CHASSE (L), HIP SWAYS RLRL

1&2 Make a ¼ turn R Stepping RF to side (1), Step LF beside RF (&), Step RF to R (2) [3:00]
3&4 Make a ¼ turn R Stepping LF to side (3), Step RF beside LF (&), Step LF to L (4) [6:00]
5-8 Step RF slightly out to R and sway hips RLRL [6:00]

*Restart Wall 3, 5 & 7

S3: SYNCOPATED SIDE ROCKS R&L&, JAZZBOX ¼ TOUCH

1-2& Rock RF to R, Recover on to LF, Step RF beside LF
3-4& Rock LF to L, Recover on to RF, Step LF beside RF
5-6 Cross RF over LF, Step back on LF
7-8 Turn ¼ R Stepping fwd on RF, Touch LF beside RF [9:00]

S4: ROLLING VINE L, TOUCH, SIDE, SLIDE, TOGETHER, BACK ROCK

1-2 Turn ¼ L Stepping LF fwd, Turn ½ L Stepping Back on RF [12:00]
3-4 Turn ¼ L Stepping LF to L, Touch RF beside LF [9:00]
5-6 RF Take a big step to R while sliding LF towards RF, Step LF beside RF
7-8 Rock RF back, Recover on to LF [9:00]

Non turning option**

*RESTART: Dance 16 counts of Wall 3, 5 & 7, then restart the dance from the beginning

**Non turning option:

VINE L, TOUCH

1-2 Step LF to L, Cross RF behind LF
3-4 Step LF to L, Touch RF beside LF

STYLING: On wall 2, 5 & 7 the music is softer, so switch the two stomps in the first section with ordinary steps and do finger clicks instead of the claps.

NO ENDING NEEDED: The dance will end nicely at 12:00 after 9 walls, but take a step forward on right foot when the wall ends anyway

Last Update: 2 Feb 2025