

# Amen

拍數: 32      牆數: 4      級數:  
編舞者: Bill Govett  
音樂: Forever and Ever, Amen - Randy Travis



## FORWARD, FORWARD, SHUFFLE, FORWARD, FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD

1-2            Step right forward, step left forward  
3&4            Shuffle forward right-left-right  
5-6            Step left forward, rock back onto right  
7&8            Turn ½ turn left shuffle forward left-right-left

## TOUCH-TOGETHER-TOUCH-TOGETHER-TOUCH-BACK-FORWARD, FORWARD, ROCK BACK, ¾ TURN SHUFFLE FORWARD

1&            Touch right toe to the side, step right together  
2&            Touch left toe to the side, step left together  
3&4            Touch right toe to the side, step right back, step left forward  
5-6            Step right forward, rock back onto left  
7&8            Turn ¾ turn right shuffle forward right-left-right

## FORWARD, ROCK BACK, COASTER STEP, QUICK PADDLE, QUICK PADDLE, TOGETHER-BOUNCE-BOUNCE

1-2            Step left forward, rock back onto right  
3&4            Coaster: step left back, step right back, step left forward  
&5            Step right forward, turn ¼ turn left take weight onto left  
&6            Step right forward, turn ¼ turn left take weight onto left  
&7-8          Step right together, heel bounce, heel bounce

## FORWARD, ROCK BACK, ½ TURN SHUFFLE FORWARD, FORWARD, ½ TURN, SHUFFLE FORWARD

1-2            Step right forward, rock back onto left  
3&4            Turn ½ turn right shuffle forward right-left-right  
5-6            Step left forward, turn ½ turn right take weight onto right  
7&8            Shuffle forward left-right-left

## REPEAT

## TAG

At the end of the 4th wall there is a 16 beat instrumental break. Repeat the first 8 beats of the dance twice then commence the dance from the start again.