

Amen

拍數: 32 牆數: 4 級數: Improver
編舞者: Willie Brown (SCO)
音樂: Can I Get an Amen - Shannon Brown



CROSS ROCK, SIDE SHUFFLE, CROSS, BACK, ¼ SHUFFLE

1-2 Cross rock right across left, recover weight back on left
3&4 Step right to right, step left beside right, step right to right side
5-6 Cross left over right, step back on right
7&8 Make ¼ turn left stepping forward left, step right beside left, step forward left

HEEL SWITCHES X3, HOOK, HEEL, COASTER STEP, ½ PIVOT

9&10&11 Touch right heel forward, quickly step right in place, touch left heel forward, quickly step left in place, touch right heel forward
&12 Hook right heel across left shin, touch right heel forward
13&14 Step right foot back, step left beside right, step forward right
15-16 Step forward left, pivot ½ turn right ending with weight on right

CROSS, SIDE, BEHIND SIDE CROSS, POINTX2, HEEL SPLITS, HITCH

17-18 Cross left in front of right, step right to right side
19&20 Cross left behind right, step right to right side, cross left in front of right
21&22& Point right to right side, quickly step in place, point left to left side, quickly step in place
23&24 Split heels apart, bring heels together, hitch right knee up

COASTER STEP, ROCK AND SIDE, SAILOR STEPX2

25&26 Step back right, step left beside right, step forward right
27&28 Rock forward left, recover back on right, step left to left side
29&30 Cross right behind left, step left to left side, step right to right side
31&32 Cross left behind right, step right to right side, step left to left side

Alternative steps:

31&32 Cross left behind right, unwind full turn left sweeping right to front with weight still on left

REPEAT

RESTART

On 4th wall dance up to count 15 (step forward left) then on count 16 (½ pivot right) keep weight on left foot to restart the dance facing home wall