

Amen

拍數: 108 牆數: 2 級數: Intermediate
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音樂: Amen - Raquel Rae : (CD: Amen)



Intro – 16 Count Start on Vocals

Section 1: Side Together, Pivot 1/2 turns, Right Shuffle

1-2 Step right to right side, Step left next to right
3&4 Step right to right side, Step left next to right, Step forward on right
5-6 Step forward on left Pivot 1/2 turns right
7&8 Step forward on left, Step right beside left, Step forward on left

Section 2: Repeat steps of Section 1:

Section 3: Fwd Mambo, LockStep Back, Shuffle ½ Turn Right Shuffle Forward

1&2 Step Forward On Right, Rock Weight Back Onto Left, Step Right Next To Left
3&4 step left back. Lock right Across left step left back
5&6 Make ½ turn right stepping back on Right, close Left next to Right, forward right
7&8 Step forward on left, Step right beside left, Step forward on left

Section 4: Repeat steps of Section 3: Than Right Shuffle 1&2

Section 5: Left Heel Hook, Flick, Forward Left Shuffle

1-4 Touch L heel forward, Hook L across Right shin, Touch L heel forward, Flick L heel back
5-8 Shuffle forward stepping L, R, L hold

Section 6: Right Heel Hook, Flick, Forward Right Shuffle

1-4 Touch R heel forward, Hook R across left shin, Touch R heel forward, Flick R heel back
5-8 Shuffle forward stepping R, L, R hold

Section 7: Point. Touch Rock ½ Shuffle Turn Left

1&2& Point left to left side, left to right , Point right to right side
&3&4 Right to left, Point left to left side, left to right, heel forward right
&5-6 right to left, rock left forward recover
7&8 Make ½ turn left stepping back on left, close Right next to Left, forward Left

Sections 8,9,10: Repeat steps of Section: 5, 6, 7 With Right Heel Hook (Section 5)

Section 11: Left Side Rock Cross Syncopated Weave

1&2 Rock left to left side Recover onto right Cross left over right
3&4 Rock right to right side Recover onto left Cross right over left
5-6 rock side left recover
7&8 left behind right, right step side left cross over right

Section 12: Right Side Rock Cross Syncopated Weave Pivot 1/2 Turns Shuffle

1-2 rock side right recover
3&4 right behind left, left step side right cross over left
5-6 Step forward on left Pivot 1/2 turns right
7&8 Step forward on left, Step right beside left, Step forward on left

Section 13: Right Side Rock Cross Syncopated Weave

1&2 Rock right to right side Recover onto left Cross right over left

3&4 Rock left to left side Recover onto right Cross left over right
5-6 rock side right recover
7&8 right behind left, left step side right cross over left
9-10 rock side left recover
11&12 left behind right, right step side left cross over right

ENDING:After Section13

Pivot 1/2 Turns Left, Shuffle Right, Side Together,

1-2 Step forward on right Pivot 1/2 turns left (Facing 12 o'clock)
3&4 Step forward on right, Step left beside right, Step forward on right
5-6 Step left to left side, Step right next to left (Facing 6 o'clock)
7&8 Step left to left side, Step right next to left, Step forward on left

Pivot 1/2 Turns Left, Shuffle Right, Side Together, Touch

1-2 Step forward on right Pivot 1/2 turns left(Facing 6 o'clock)
3&4 Step forward on right, Step left beside right, Step forward on right
5-6 Step left to left side, Step right next to left (Facing 12 o'clock)
7&8& Step left to left side, Step right next to left, Step forward on left , Touch Right to Left.
