

# Amen

拍數: 108      牆數: 2      級數: Intermediate  
編舞者: Tine Norup (DK) - January 2011  
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.

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