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| My Week-End Amen |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Marianne Langagne (FR) - 11 February 2021 | | | | |
| **Music:** | My Weekend Amen - The Washboard Union | | | | |
| . | | | | | | |

**Intro: Start on "Get"**

**Restart 1: At the 5th Wall which starts at 12.00, after 8 counts**

**Restart 2: At the 10th Wall which starts at 6.00 after 20 counts**

**S 1 : TRIPLE FWD, TRIPLE BACK ON ½ TURN R, ROCK BACK, KICK BALL CHANGE**

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| --- | --- |
| 1 & 2 | RF Fwd, Together, RF Fwd |

|  |  |
| --- | --- |
| 3 & 4 | ½ Turn R - LF Back, Together, LF Back (6.00) |

|  |  |
| --- | --- |
| 5 - 6 | RF Back, Recover onto LF |

|  |  |
| --- | --- |
| 7 & 8 | Kick RF, RF next to LF, LF next to RF HERE RESTART 1 facing 6.00 |

**S 2 : RF BACK ON ½ TURN L, TOGETHER/CLOSE, HEEL FAN X 2, HEEL SWITCHES & R HEEL FWD, HOOK, STOMP**

|  |  |
| --- | --- |
| 1 - 2 | ½ Turn L - RF Back - LF next to RF (12.00) |

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| --- | --- |
| &3&4 | Heels Out, Heels In, Heels Out, Heels In |

|  |  |
| --- | --- |
| 5 & 6 | R Heel Fwd, Together, L Heel Fwd |

|  |  |
| --- | --- |
| &7&8 | Together, R Heel Fwd, Cross RF in front of L Leg, Stomp RF Fwd |

**S 3 : ROCK STEP, TRIPLE ON ½ TURN L, ¾ TURN L, SIDE STOMP, HOLD**

|  |  |
| --- | --- |
| 1 - 2 | LF Fwd, Recover onto RF |

|  |  |
| --- | --- |
| 3 & 4 | ½ Turn L - LF Fwd, Together, LF Fwd (6.00) HERE RESTART 2 facing 12.00 |

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| --- | --- |
| 5 - 6 | Pivot ½ Tour L - RF Back (12.00), Pivot ¼ Turn L on RF - LF to the L (9.00) |

|  |  |
| --- | --- |
| 7 - 8 | Stomp RF to the R, Hold |

**S 4 : & SIDE ROCK R & SIDE ROCK L & ROCK BACK, WALK R - L**

|  |  |
| --- | --- |
| &1-2 | Together, RF to the R, Recover onto LF |

|  |  |
| --- | --- |
| &3-4 | Together, LF to the L, Recover onto RF |

|  |  |
| --- | --- |
| &5-6 | Together, RF Back, Recover onto LF |

|  |  |
| --- | --- |
| 7 - 8 | Walk R , Walk L |

**FINAL : The Dance ends at 3.00. After the first 6 counts of Section 1, make 3/4 turn left, Touch**

**ENJOY !!!!!**

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