

# 3 AM

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Inge Vestergård (DK) - March 2016

Music: 3 AM - Mads Langer



**Intro: 32 count intro ( 15 sec. Into track). Start with weight on L foot, facing 9 o'clock.**

**Sec. 1: R Fwd, ¼ Turn R with Hitch, Step Fwd, Tap, Step Back, ½ Turn L, Step, ¼ Turn L**

- 1 - 2 Step R fwd, On ball of R Turn ¼ R hitching L (12.00)
- 3 - 4 Step L fwd, Tap R behind L turning body slightly towards R
- 5 - 6 Step R back, ½ Turn L stepping fwd L (6.00)
- 7 - 8 Step R fwd, ¼ Turn L, weight ends on L (3.00)

**Sec. 2: 2 x Cross Point, Jazzbox ¼ Turn R**

- 1 - 2 Cross R over L, Point L to L side
- 3 - 4 Cross L over R, Point R to R side
- 5 - 8 Cross R over L, ¼ turn R stepping back on L, Step R to R side, Cross L over R (6.00)

**\*\* Restart here on Wall 4 facing 3 o'clock.**

**Sec. 3: Chassé R, Back Rock, ½ Monterey Turn L**

- 1 & 2 Step R to R side, Step L beside R, Step R to R side
- 3 - 4 Rock back L, Recover R
- 5 - 6 Touch L to L side, ½ turn L stepping L next to R (2) 6.00
- 7 - 8 Touch R to R side, Touch R beside L (12.00)

**Sec. 4: 2 x Syncopated Heel Switch, Step, Scuff/Stomp, Rock Step, Coaster Step**

- 1&2& Dig R Heel fwd, Step R beside L, Dig L Heel fwd, Step L beside R
- 3 - 4 Step R fwd, Scuff /Stomp L beside R
- 5 - 6 Rock fwd on L, Recover on R
- 7&8 Step back on L, Step R beside L, Step fwd on L

**\* Tag after Wall 2 facing 3 o'clock: Right Rocking Chair**

- 1 - 4 Rock R fwd, Recover on L, Rock back R, Recover L.

**\*\* Restart on Wall 4 after 16 counts facing 3 o'clock**

**\*\*\* Tag after Wall 9 facing 6 o'clock: Right Rocking Chair, 2 x Heel Switch, Right Rocking Chair**

- 1 - 4 Rock R fwd, Recover on L, Rock back R, Recover L
- 5 - 8 Dig R Heel fwd, Step R next to L, Dig L Heel fwd, Step L next to R
- 9 - 12 Rock R fwd, Recover on L, Rock back R, Recover L

**Ending on Wall 11 facing 12 o'clock.**

**Replace the coasterstep with a step back on L, and then drag R Heel/Foot slowly backwards beside L. □**

**Contact: Inge Vestergård – mail: [ingevestergaard56@gmail.com](mailto:ingevestergaard56@gmail.com)**

**Last Update - 15th March 2016**