

Amen

Count: 64

Wall: 2

Level: Phrased Intermediate

Choreographer: Jessica Short (USA) & Kerry Kick (USA) - April 2025

Music: Amen - Shaboozey & Jelly Roll



Pattern: A BB A BB B16 (restart), B section to end

Intro 32 counts, start on lyrics after "Hey"

Section A: 40 Counts

PUSH and CROSS, WEAVE WITH A HITCH X2, SAILOR

- 1&2 - Rock/Step R to right side (1), recover on L (&), cross R over left (2)
- 3&4 - Rock/Step L to left side (3), recover on R (&), step/cross L behind right (4)
- &5-6 - Step R to right side (&), Replace R with weight onto L and R knee hitch (5), Step R in place (&), Replace R with L and R knee hitch (6) (think like a pony step)
- 7&8 - Step/Cross R behind left (7), Step L to left side (&), Step R to right side (8)

TURNING SWEEP X2, HIP SWAYS X 4

- 1-2& - Step on L foot (1), Sweep R foot back to front while making $\frac{1}{4}$ turn to the left (1), Step R in place (2), Step L in place (&) 9:00
- 3-4& - Step on R foot (3), Sweep L foot front to back while making $\frac{1}{4}$ turn to the left (3), Step L in place (4), Step R in place (&) 6:00
- 5-8 - Hip sway with weight left (5), Hip sway with weight right (6), sway L (7), sway R (8)

WEAVE WITH $\frac{1}{4}$ TURN, SIDE TRIPLE, KICK BALL CHANGE, MAMBO

- 1&2 - Step/Cross L behind right (1), Step R foot to R side (&), $\frac{1}{4}$ Turn left cross L in front of right (2)
- 3&4 - Step R to right side (3), Close L next to right (&), Step R to right side (4)
- 5&6 - Kick L forward (5), Step L in place (&), Step R in place (6)
- 7&8 - Step L forward (7), Step R in place (&), Step L back (8)

LOCK STEP BACK, COASTER, CHASE $\frac{1}{4}$ TURN, ROCKING CHAIR

- 1&2 - Step R back (1), Lock L over right (&), Step R foot back (2)
- 3&4 - Step L back (3), Step R back (&), Step L forward (4)
- 5-6 - Step R forward (5), $\frac{1}{4}$ turn left with weight to left (&), Step R forward (6) (12:00)
- 7&8 - Step L forward (7), Step R in place (&), Step L back (8), Step R in place (&)

HEEL DIG x2 FORWARD, ROCK $\frac{1}{2}$ TURN, FORWARD TURN WALK WALK

- 1-2& - Rock/Dig L heel forward with weight (1), Recover onto R (2), Step L next to right (&)
- 3-4& - Rock/Dig R heel forward with weight (3), Recover onto L (4), Step R next to left (&)
- 5&6 - Step/Rock L forward (5), $\frac{1}{4}$ turn to left, Step in R in place (&), $\frac{1}{4}$ turn to left, Step L forward (6) (6:00)
- 7&8& - Step R forward (7), $\frac{1}{2}$ turn to left with weight onto left (&), Step R forward (8), Step L forward (&) (12:00)

Section B: 24 Counts

Restart on 6th time through

STEP TOUCH x2, STEP OUT, PRAYER HANDS, STEP TOUCH, STEP KICK, WEAVE

- 1& - Step R to right (1), Touch L next to right with clap (&)
- 2& - Step L to left (2), Touch R next to left with clap (&) - hold the clap with prayer hands
- 3& - Step R to right (3)
- 4& - Raise prayer hands above your head (4), and return them to chest (&) (weight to left)
- 5& - Step R to right front corner diagonal (5), Cross/Tap L toe behind right (&)

- 6& - Step L back (6), Kick R to right front corner diagonal (&)
7&8 - Step R behind left (7), Step L to left side (&), Cross R over left (8)

SLOW BOX STEP, V STEP, HEEL TOE SWIVELS

- 1-4 - Cross L over right (1), Step R back (2), Step L to left side (3), Step R forward (4)
5& - Step L to forward left diagonal (5), Step R to forward right diagonal (&)
6& - Step L to center (6), Step R to center (&)
7&8& Swivel Heels apart (7), Swivel Toes apart (&), Swivel Toes to center (8), Swivel Heels to center (&)

REVERSE DOROTHY WITH WEAWE, ½ TURN, COASTER WALK WALK

- 12& - Step R in place and sweep left from front to back (1), Cross L behind right (2), Step R in place (&)
34& - Step L in place and sweep right from front to back (3), Cross R behind left (4), Step L in place (&)
5-6 - Cross R over left (5), ½ turn left to unwind, weight onto left (6:00)
7&8& Step R back (7), Step L next to right (&), Step R in place (8), Step L in place (&)

**Questions: Contact Jessica Short at Irish7827@gmail.com or
Kerry Kick at www.kerrykick.com**
