Amen

级数: Beginner

编舞者: Nicole Woodley (NZ) - May 2025

音乐: Amen - Shaboozey & Jelly Roll

Start 16 counts in on the vocals, weight on L. (Approx. 12 seconds)

墙数:4

[1-8]: R Side Touch, L Side Touch, R Side Together Side Touch

- 1-4 Step R to R side, Touch L beside R, Step L to L side, Touch R beside L,
- 5-8 Step R to R side, Step L together beside R, Step R to R side, Touch L beside R.
- Optional: add claps on the touches

拍数: 32

[9-16]: L Side Touch, R Side Touch, L Side Together Side Touch

- 1-4 Step L to L side, Touch R beside L, Step R to R side, Touch L beside R,
- 5-8 Step L to L side, Step R together beside L, Step L to L side, Touch R beside L.
- Optional: add claps on the touches

[17-24]: K-Step

- 1 2 Step fwd R on diagonal, Touch L beside R,
- 3 4 Step L back on diagonal, Touch R beside L,
- 5 6 Step R back on diagonal, Touch L beside R,
- 7 8 Step L fwd on diagonal, Touch R beside L.
- Optional: add claps on the touches

[25-32]: 4 Heel Digs making L 1/4 Turn

- 1 2 R Heel Dig, Step R Together beside L,
- 3.4 L Heel Dig, Step L Together beside R,
- 5 6 R Heel Dig turning 1/8 L to 1:30, Step R Together beside L,
- 7 8 L Heel Dig turning 1/8 L to 9:00, Step L Together beside R.

Start dance again facing 9:00

RESTART: R1 Wall 3 facing 6:00, Restart dance after first 8 counts R2 Wall 9 facing 3:00, Restart dance after first 8 counts

Last Update: 4 May 2025





级数