

# Woman, Amen - Female

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**Count:** 32      **Wall:** 4      **Level:** Beginner

**Choreographer:** Lene Mainz Pedersen - (DK) October 2018

**Music:** Woman, Amen / Female by Home Free - iTunes. 3:00 mins.

## Start after 32 counts

### [1-8] R LOCK STEP, SCUFF L, L LOCK STEP, SCUFF R

1 - 4      Step R fwd, Lock L behind R, Step R fwd, Scuff L Foot

5 - 8      Step L fwd, Lock R behind L, Step L fwd, Scuff R Foot

### [9-16] JAZZ ¼ R, STEP, JUMP RL FWD, HOLD, JUMP LR BACK, HOLD

1 - 4      Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step L fwd (3:00)

&5 - 6      Jump R fwd on R, Jump L fwd on L, HOLD & Clap

&7 - 8      Jump R back, Jump L back, HOLD & Clap

### [17-24] SLOW HEEL JACKS R & L

1 - 4      Step R to R side, Cross L in front of R, Step R to R side, Put L Heel out to L diagonal

5 - 8      Step L to L side, Cross R in front of L, Step L to L side, Put R Heel out to R diagonal

### [25-32] ROCKING CHAIR, STEP ½ TURN L, WALK RL

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

5 - 6      Step R fwd, Turn ½ L recover on L (9:00)

7 - 8      Walk R fwd, Walk L fwd

**(Option; Fullturn L: Make a ½ turn L stepping back on R, Make a ½ turn L stepping L fwd)**

## Start again

**EASY Restart: On wall 3 (Starts 6:00) Restart after 16 Counts (Now facing 9:00)**

**\*\*2 EASY Tags:**

**After wall 7 (9:00) ROCKING CHAIR**

**After wall 9 (3:00) ROCKING CHAIR X2**

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

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