

My Week-End Amen

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Marianne LANGAGNE (FR) - 11 February 2021

Music: - 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

1 & 2RF Fwd, Together, RF Fwd

3 & 4½ Turn R - LF Back, Together, LF Back (6.00)

5 - 6RF 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 - 2½ Turn L - RF Back - LF next to RF (12.00)

&3&4 Heels Out, Heels In, Heels Out, Heels In

5 & 6R 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 - 2LF Fwd, Recover onto RF

3 & 4½ Turn L - LF Fwd, Together, LF Fwd (6.00) HERE RESTART 2 facing 12.00

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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