

Amen for Women

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

Choreographer: Paulette Chang (USA) - June 2026

Music: Amen for Women (Radio) - Music Travel Love

28 Count intro - start on vocals

SEC. 1. R SHUFFLE BACK, $\hat{A}^{1/2}$ TURN $\hat{A}^{1/2}$ TURN, ROCK BACK, L SHUFFLE FORWARD

1&2.R foot shuffle back

3,4 Make $\hat{A}^{1/2}$ turn left onto L, $\hat{A}^{1/2}$ turn left back onto R

5,6 Rock back on L, Recover on R

7&8 Shuffle L forward (12:00)

(none turning option, step back L, R on 3,4)

SEC. 2. STEP $\hat{A}^{1/4}$ TURN L, CROSS SHUFFLE, $\hat{A}^{1/4}$, $\hat{A}^{1/4}$ TURN TO R, CROSS, POINT R

1,2 Step forward R, $\hat{A}^{1/4}$ turn left onto L

3&4 Cross shuffle R,L,R over L (9:00)

5,6 $\hat{A}^{1/4}$ turn to right step back on L, $\hat{A}^{1/4}$ turn right onto R

7,8 Cross L over R, Point R to R side (3:00)

SEC. 3. WEAVE L, TOUCH R, ROLLING R VINE

1,2,3,4,5 Cross R over L, step L, Step R behind, Step L, touch R next to L (3:00)

6,7,8 $\hat{A}^{1/4}$ turn r onto R, $\hat{A}^{1/2}$ turn r onto L, $\hat{A}^{1/4}$ turn r onto R

(non turning option, Step R, L behind, step R) (3:00)

SEC. 4. LEFT JAZZ WITH 1/4 TURN, $\hat{A}^{1/4}$ TURN, STEP R, L LOCK STEP FORWARD, ROCK R, RECOVER

1,2 Cross L over R, $\hat{A}^{1/4}$ turn left step back on R

3,4. $\hat{A}^{1/4}$ turn to left step forward on L, step forward on R

5&6.Step L, lock R behind, step forward on L

7,8.Rock forward on R, recover L (9:00)

Ending: Dance ends facing 6:00. Do a pivot $\hat{A}^{1/2}$ turn to your right to end facing the front. Have fun!

Paulette Chang @ you tube

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Alt Music: Rhythm Inside by Calum Scott: Intro 20 counts, start on "œfrom the moment"