

Amy (□□)

LINEDANCE.COM

Count: 64

Wall: 4

Level: Intermediate/Advanced

Choreographer: Kate Sala , UK (July 09)

Music: If You Seek Amy by Britney Spears

□□□

Walk x2, Kick & Touch Back, Pivot

1/4 Turn L, Cross, Side Step, Tap Ball Cross.

□

□ , □ □ □□ , □ 1/4, □□ , □ , □ □ □□

12,3&4

Walk forward on R, L. Kick R forward, Step R

in next to L. Touch L back.

□□□□ , □□□□ , □□□□ , □□□□ , □□□□

5-7

Pivot 1/4 turn L. Cross step R over L. Step L

to L side.

□□□ 90□ , □□□□□□□□ , □□□□

8&

Tap R toe next to L instep. Small step R &

slightly back on ball of R. □□□□ , □□□□

1

Cross step L over R. □□□□□□□□

□□□

Side Step R, Touch Back, Pivot 1/2

Turn L, Step, Pivot 1/4 Turn L, Cross step, Touch L. □ , □

□ ,

1/2, □ 1/4, □ □

2-4

Step R to R side. Touch L toe back. Pivot 1/2

turn L. (Weight on L). □□□□ , □□□□ , □□ 180° (□□□□)

5-6

Step forward on R. Pivot 1/4 turn L.

□□□□ , □□□ 90°

7-8

Cross step R over L. Touch L toe to L side.

□□□□□□□□ , □□□□

□□□

L Kick Ball Step, Heel Swivels, Side

Rock R, Recover, Side Rock L, Recover.

□

□ □ , □□□ , □□□ □□

□ , □□□ □□

1&2

Kick L forward. Step down on ball of L. Step

forward on R.

□□□□ , □□□ , □□□□

3-4

Swivel heels R. Swivels heels L back to

centre.

□□□□□□ , □□□□□

56&

Side rock R on R. Recover on to L. Step R next

to L.

□□□□□ , □□□□ , □□□□

7-8

Side rock L on L. Recover on R. □□□□□□ , □□□□

□□□

Walk back x2, 1/2 Turn R On Heels,

Step, Shuffle Forward, Rock Forward.

□□ , □□ , □□ 1/2, □□ , □□□□ , □□ □□

1-2

Walk back on L, R. □□□□□□ , □□□□□□

3-4

Lift toes of the floor & pivot 1/2 turn R

on the heels. Step forward on L. □□□□□□□□□□

180□□ , □□□□

5&6

Step forward on R. Step L next to R. Step

forward on R. (6 O'clock).

□□□□ , □□□□ , □□□□ (□□ 6□□)

7-8

Rock forward on L. Rock back on R. □□□□ , □□□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Step Back, Cross Step, Step Back, Ball Turn 1/4 R, Jazz

Box>Box>BoxBox> 1/4Box>

Turn R.

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mso-font-kerning:0pt">, □□ , □□

□ 1/4

mso-font-kerning:0pt">□ , □□

mso-font-kerning:0pt"> 1/4, □ □

1-3

Step back on L. Cross step R over L. Step back

on L.

□□□□ , □□□□□□□□ , □□□□

&4

Turn 1/4 R stepping on ball of R next to L.

Step forward on L.

□□ 90□□□□□□ , □□□□

5-6

Cross step R over L. Turn 1/4 R stepping back on L.

□□□□□□□□ , □□ 90□□□□

7-8

Step R to R side. Step forward on L. (12 O'clock).

□□□□ , □□□□ (□□ 12□□)

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Shuffle Forward, Rock Forward L, Recover & Rock

Forward R, Recover, Full Turn Back Over R. □□□□ , □□ , □□

□ □□ , □□

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1&2

Step forward on R. Step L next to R. Step forward on R.

□□□□ , □□□□ , □□□□

34&

Rock forward on L. Recover on to R. Step L in next to R.

□□□□ , □□□□ , □□□□

5-6

Rock forward on R. Recover on to L. □□□□ , □□□

7-8

Turn 1/2 R stepping forward on R. Turn 1/2 R

stepping back on L.

□□ 180□□□□ , □□ 180□□□□

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mso-font-kerning:0pt">Turn 1/4 R, Knee Pops, Cross, Side Touch R, Cross, Side

Touch L, Step Back, Touch In front. □

mso-font-kerning:0pt">1/4, □□

□ ,

mso-font-kerning:0pt">□□ □□ □□ , □□

□□

1

Turn 1/4 R stepping R out to R side. (3

O'clock).

□□ 90□□□□ (□□ 3□□)

&2

Pop both knees forward lifting heels of the

floor. Drop heels.

□□□□□□□□ , □□□□

3-6

Cross step L over R. Touch R out to R side.

Cross step R over L. Touch L to L side.

□□□□□□□□ , □□□□ , □□□□□□□□ , □□□□

7-8

Step back on L. Touch R toe forward with R

knee relaxed.

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mso-font-kerning:0pt">

mso-font-kerning:0pt">Hip Bump, R Kick Ball Change, Rock Forward, Turn 1/2 R,

Step, Pivot 1/2 Turn R & Touch. □□

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□ ,

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□ □

&1

Bump hips forward & up. Bump hips back.

(Weight on L).

□□□ , □□□ (□□□□□)

2&3

Kick R forward. Small step back on ball of R.

Step L down in place.

□□□□ , □□□□ , □□□

4-6

Rock forward on R. Rock back on L. Turn 1/2 R

stepping forward on R. □□□□ , □□□□ , □□ 180□□□□

7&8

Step forward on L. Pivot 1/2 turn R keeping

weight on L & touch R toe next to L instep. □□□□ , □□□ 180□□□□□□ , □□□□