

# 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.

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**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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