

Amen

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Level: Beginner

Wait 16 beats

Sequence: A-B-Bridge-A-B-Bridge-C-B-Bridge-D

A

2 Clog Over Vines DS DS (xif) DS DS (xib) DS DS (xif) DS RS | DS DS (xif) DS DS (xib) DS DS (xif) DS RS
L R L R L R L RL | R L R L R L R LR

2 Triple Kicks DS DS DS Br up | DS DS DS Br up (both moving forward)
L R L R | R L R L

4 Basics DS RS | DS RS | DS RS | DS RS (all backing up)
L RL | R LR | L RL | R LR

B

Pushoff DS RS RS RS (moving left)
L RL RL RL

4 Toe Steps TS TS TS TS
RR LL RR LL

Pushoff DS RS RS RS (moving right)
R LR LR LR

4 Toe Steps TS TS TS TS
LL RR LL RR

2 Outhouses DS Tch (ots) Tch (if) Tch (ots) | DS Tch (ots) Tch (if) Tch (ots)
L R R R | R L L L

Cowboy DS DS DS Br up DS RS RS RS
L R L R R LR LR LR

Bridge

Rocking Chair DS Br up DS RS (turn ¼ left)
L R R LR

Fancy Double DS DS RS RS (turn ¼ left)
L R LR LR

REPEAT ROCKING CHAIR AND FANCY DOUBLE AS SHOWN ABOVE

REPEAT Part A (Clog Over Vines, Triple Kicks, Basics)

REPEAT Part B (Pushoff, Toe Steps – L & R; Outhouses, Cowboy)

REPEAT Bridge (Rocking Chair, Fancy Double, Rocking Chair, Fancy Double)



C

- 2 Triples DS DS DS RS | DS DS DS RS
 L R L RL | R L R LR
- 2 Walk the Dogs DS DS H* H* RS (heels take weight; same footwork for both)
 L R L R LR
- 2 Jump Chugs Dbl SL DR Chug DS RS | Dbl SL DR Chug DS RS
 L B B L L RL | R B B R R LR
- 2 Stomp Doubles Sto DS DS RS | Sto DS DS RS
 L R L RL | R L R LR
- 2 Basics DS RS | DS RS
 L RL | R LR

REPEAT Part B (Pushoff, Toe Steps – L & R; Outhouses, Cowboy)
REPEAT Bridge (Rocking Chair, Fancy Double, Rocking Chair, Fancy Double)

D

- 2 Grapevines S S (xib) S Tch | S S (xib) S Tch
 L R L R | RL R L

Left arm up, right arm up, both arms out to side, bring arms together with hands in praying position (to signify “Amen”)



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|---|--------------------------------|---------------------------|
| DS = Double Step | RS = Rock Step | Tch = Touch (no weight) |
| Br up = Brush up (Chug is essentially the same thing) | DR = Drag (back) | Sto = Stomp (full weight) |
| SL = Slide (forward) | (xif) = cross in front | TS = Toe Step |
| (ots) = out to side | Dbl = Double (just two sounds) | (xib) = cross in back |
| (if) = in front | | |