

# My Week-End Amen

**Choreographer:** Marianne Langagne

**Count:** 32

**Wall:** 4

**Level:** Improver

**Intro:** start on the word "Get"

**Music:** "My Weekend Amen" by The Washboard Union



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**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 & 2 RF Fwd, Together, RF Fwd  
3 & 4 ½ Turn R - LF Back, Together, LF Back (6.00)  
5 - 6 RF Back, Recover onto LF  
7 & 8 Kick RF, RF next to LF, LF next to RF HERE RESTART 1 facing 6.00 \*  
**\* Restart 1: At the 5th Wall which starts at 12.00**

## **S 2 : RF BACK ON ½ TURN L, TOGETHER/CLOSE, HEEL FAN X 2, HEEL SWITCHES & R HEEL FWD, HOOK, STOMP**

1 - 2 ½ Turn L - RF Back - LF next to RF (12.00)  
&3&4 Heels Out, Heels In, Heels Out, Heels In  
5 & 6 R 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 - 2 LF Fwd, Recover onto RF  
3 & 4 ½ Turn L - LF Fwd, Together, LF Fwd (6.00) HERE RESTART 2 facing 12.00 \*  
**\* Restart 2: At the 10th Wall which starts at 6.00**  
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

## **Repeat**

**FINAL :** The Dance ends at 3.00. After the first 6 counts of Section 1, make 3/4 turn left, Touch



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