

AMANDA

Gilles Labrecque (2014)

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Partner Dance Beginner/Intermediate 64 counts

Musique : Send me a letter Amanda – Hallur Joensen

Start 20 counts

1-8 M : Shuffle Fwd , Rock Step, Side Shuffle, Back Rock Step
L : Shuffle Fwd , Step Pivot 1/2 Turn, Side Shuffle, Back Rock Step

1&2 Shuffle LRL forward
lady passes in front of man under raised right arms
3-4 M: Rock forward on R, Recover on L
L : Step R forward - Pivot ½ turn left
Man facing *L.O.D.* , lady facing *R.L.O.D* release right hands
5&6 Side Shuffle RLR to right
7-8 Rock back on LF, Recover on RF

9-16 M :Side Shuffle, Back Rock Step , Back Rock Step, Shuffle Fwd
L : Side Shuffle , Back Rock Step , Step Pivot 1/2 Turn , Shuffle Fwd

Change hands,
1&2 Side Shuffle LRL to left
3-4 Rock back on RF, Recover on LF
5-6 M : Rock back on RF, Recover on LF
L : Step R forward - Pivot ½ turn left
Ending in left side by side position facing LOD
7&8 Shuffle RLR forward .

17-24 Step , Touch, Step, Touch , Shuffle Fwd 1/4, Shuffle Back 1/4

1 - 2 Step LF fwd, Tap R toe behind LF
3 - 4 Step RF fwd, Tap L toe behind RF

Restart

5&6 Triple Step LRL with 1/4 turn to R O.L.O.D.
7&8 Triple Step RLR with 1/2 turn to R R.L.O.D.
Position inverse Sweetheart R. L.O.D

25-32 Back Rock Step, Shuffle Fwd, Step Pivot 1/2 Turn, Shuffle Fwd

1-2 Rock back on LF, Recover on RF
3&4 Shuffle LRL forward
5-6 Step R forward - Pivot 1/2 turn left
7&8 Shuffle RLR forward
Position Sweetheart L.O.D

33-40 M : Step, Step , Shuffle Fwd, Rock Step Fwd, Back Rock Step
L : Step, Step, Shuffle Fwd, Step Pivot 1/2 Turn, Step Pivot 1/2 Turn

1-2 Step forward L - Step forward R
3&4 Shuffle LRL forward
Release L hand ,*lady passes in front of man under raised right arms*
5-6 M : Rock forward on R, Recover on L
L : Step R forward - Pivot ½ turn left
7 - 8 M : Rock back on RF, Recover on LF
L : Step R forward - Pivot ½ turn left
Position Sweetheart L.O.D

AMANDA (suite)

**41-48 M: Step Pivot 1/2 Turn, Shuffle Fwd, Step Pivot 1/2 Turn, Step Pivot 1/2 Turn,
L: Step Pivot 1/2 Turn, Shuffle Fwd, Rock Step Fwd, Back Rock Step**

1-2 Step R forward - Pivot 1/2 turn left
Right arms in back of man
3&4 Shuffle RLR forward
5-6 M : Step L forward - Pivot 1/2 turn right
L : Rock forward on L, Recover on R
7 - 8 M : Step L forward - Pivot 1/2 turn right
L : Rock back on LF, Recover on RF
Right arms in front of man

**49-56 M: Rock Fwd, Shuffle 1/2 Turn , Step , Step, Shuffle Fwd
L: Step Pivot 1/2 Turn, Shuffle Fwd, Step , Step, Shuffle Fwd**

1-2 M : Step forward L - Recover on RF
L : Step L forward - Pivot 1/2 turn right
Lady passes under raised right arms man's
3&4 M : Shuffle LRL 1/2 turn to left
L : Shuffle LRL forward
5-6 Step forward R - Step forward L
7&8 Shuffle RLR forward

57-64 Step , Step , Kick Ball Step , Step , Step , Kick Ball Step

1-2 Step forward L - Step forward R
3&4 Kick LF fwd, Step LF beside RF, Step RF beside LF
5-6 Step forward L - Step forward R
7&8 Kick LF fwd, Step LF beside RF, Step RF beside LF

65-68 Step, Scuff , Step, Scuff

1-2 Step forward L - Scuff RF
3-4 Step forward R - Scuff LF

Restart : at the 4^E séquence , do the 20 first counts