

AMAME (for beginners)

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Description: 32 count, 4 wall line dance, Ultra Beginner Level
Music: **Amame** by Belle Perez, CD: - Gipsy, available on iTunes, 126 BPM
Intro: 32 counts
Note: Special thanks to Robbie McGowan Hickie for introducing this beautiful Spanish song to the line dance community.
Other music: Respect yourself by Robert Palmer, CD: - The very best of Robert Palmer, 111 BPM
Dance Pattern: 32 count intro, (1-32) x 4, Tag - (1-16) x 1, (1-32) x 8, (1-8) x 2 (you will end up facing front wall)
16 Count Tag: Repeat Counts 1 to 16 of dance.

Count Description

1-8 DIAG ROCK STEP, FWD, HOLD, DIAG ROCK STEP, FWD, HOLD

1-2 Cross rock R. over L, Rock back on L.
3-4 Cross rock R. over L (bringing weight fwd. onto R. foot), Hold
5-6 Cross rock L. over R, Rock back on R.
7-8 Cross rock L. over R. (bringing weight fwd onto L. foot), Hold

9-16 SIDE, TOG, SIDE, ¼ TURN L W. TOUCH, FWD, TOG, FWD, HOLD

1-2-3 Side step R, Step L. beside R, Side step R
4 Pivot ¼ turn left on R. ball as you touch L. Ball beside R. instep
5-6-7-8 Left forward, Step R. beside L, L. forward, Hold
(Option – On count 6 – Lock R. behind L)
(Option – On count 8 – Brush R. foot forward beside L. instep)

17-24 CROSS, REPLACE, SIDE, HOLD, CROSS, REPLACE, SIDE, HOLD

1-2-3-4 Cross R. over L, Replace weight on L, Side step R. Hold
5-6-7-8 Cross L. over R. Replace weight on R. Side step L. Hold

25-32 SWAY, SWAY, SWAY, HOLD, SWAY, SWAY, SWAY, HOLD

1-2-3-4 Side step right as you sway R, Sway L. Sway R. Hold
5-6-7-8 Sway L, Sway R. Sway L, Hold
(Option – On counts 1-4 – Circle Hips to the right, On counts 5-8 – Circle Hips to the left)
(Option – On counts 1-8 – Hands overhead - Shake your booty or Do you own thing)

BEGIN AGAIN

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