

# A Song For Amy

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**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Lorraine Emmins

October 2024

**Music:** BE KIND (feat. Matt Scullion, Ashleigh Dallas & Lyn Bowtell) -  
Tom Curtain

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## #16 count intro – There are 3 tags in this dance

### **(1-8) Cross Samba, Cross Samba, Fwd Rock Replace, 1/2 R Fwd, Pivot Turn R**

1&2 Cross R over L, Rock L to L side, Replace weight on R  
3&4 Cross L over R, Rock R to R side, Replace weight on L  
5-6 Rock forward on R, Replace weight on L  
7&8 ½ R Stepping R fwd, Step L fwd, ½ R Pivot weight on R (12.00)

### **(9-16) Fwd Rock Replace, Back Cross Back, Back Cross Back, Coaster Step**

1-2 Rock forward on L, Replace weight on R  
3&4 Step L back, Lock R across in front of L, Step L back  
5&6 Step R back, Lock L across in front of R, Step R back  
7&8 Step back on L, Step R next to L, Step fwd on L (12.00)

### **(17-24) Cross, Side L, Sailor with Heel & Cross, Side R, Sailor with Heel**

1-2 Cross R over L, Step L to L side  
3&4& Step R behind L, Step L to L side, Dig R heel to R diagonal, Step R next to L  
5-6 Cross L over R, Step R to R side  
7&8& Step L behind R, Step R to R Side, Dig L heel to L diagonal, Step L next to R  
(12.00)

### **(25-32) Cross, ¼ turn R, Shuffle ½ R, Pivot Turn R, Shuffle Fwd on L**

1-2 Cross R over Left, ¼ turn R stepping back on L (3.00)  
3&4 ¼ R stepping R to R side, Step L next to R, ¼ turn right stepping forward on R  
(9.00)  
5-6 Step fwd on L, ½ R pivot weight on R  
7&8 Step fwd on L, Step R next to L, Step fwd on L (3.00)

### **TAG 1: End of walls 2 & 5**

#### **Walk forward R & L**

1-2 Step forward on R, Step forward on L

### **TAG 2: End of wall 3**

#### **Rocking Chair**

1-2 Rock forward on R, Recover on L  
3-4 Rock back on R, Recover on L

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