

## Workshop-Tänze der 1. Deutschen Country & Western Tanzmeisterschaft:

### 3AM

Choreographed by Guyton Mundy, Cody Stevens & Joey Warren  
Description: 32 count, 4 wall, intermediate/advanced line dance

Music: "Put Your Hands" by Trin-i-tee 5:7

*Start the dance 12 counts into the music*

- (1) Kick right to right side
- (&) Step right beside left
- (2) Kick left to left side
- (&) Hitch left foot
- (3) Kick forward left
- (&) Hitch left foot
- (4) Step left forward
- (5) Skate right to right, 45 degrees to the right
- (6) Skate left to left, 45 degrees to the left
- (7&8) Triple-step, right-left-right, ¼ to the right (facing 3:00 wall)
  
- (9) Sweep left, making a ½ turn to the right (facing 9:00 wall)
- (10) Step down left to left side
- (&) Step right behind left
- (11) Press left to left
- (&) Left knee pop in
- (12) Step left down, making a ¼ turn to the left (facing 6:00 wall)
  
- "SLIDE-N-GLIDE" BOX (FINISHES FACING 6:00 WALL)**
- (13) Slide right foot forward, making ¼ turn left
- (14) Slide left back, making ¼ turn left
- (15) Slide right foot forward, making ¼ turn left
- (16) Slide left foot forward, making ¼ turn left
  
- (17&) Kick right forward and step down right
- (18&) Lock left behind right, step right forward
- (19&) Kick left forward and step down left
- (20&) Lock right behind left, step left forward
- (21&) Kick right forward, step down right, turning ¼ to left
- (22) Step left back (you are now facing 3:00 wall)
- (23,24) Press hands down with body roll down, twice, transferring weight to right
  
- (25) Kick left to left side
- (&) Step left beside right
- (26) Kick right to right side
- (&) Step right beside left
- (27) Touch left to left side
- (28) Step down left and pivot ¼ to left and roll shoulders into the turn
- (29) Scuff right and pivot ¼ to left and continue to roll shoulders (still on left foot)
- (&) Hitch right foot
- (30) Step right to right side (now facing 9:00 wall)
- (31) Step left to left side, rolling left shoulder down and into step
- (32) Touch right to left (leaving weight on left foot)

**REPEAT**