

Not Ashamed

Compte: 32

Mur: 4

Niveau: Intermediate cha cha



Chorégraphe: Zac Detweiller (USA)

Musique: No Shame - Jeff Bates

SIDE LEFT, RIGHT BACK ROCK, TAP, STEP, RIGHT FORWARD TRIPLE, ROCK, RETURN, 1/2 FORWARD TRIPLE

- 1-2 Step left to side, rock right behind left
- &3 Tap left to next to right toe, step left down
- 4&5 Step right forward, step left next to right, step right forward
- 6-7 Rock forward left, return right
- 8&1 Turning 1/2 left step left forward, turning 1/2 left step right back, turning 1/2 step left forward

1/4 LEFT SIDE ROCK, RETURN, WEAVE LEFT, LEFT SIDE ROCK, RETURN, CROSS, 1/4 RIGHT STEP, 1/4 RIGHT SLIDE

- 2-3 Turning 1/4 left rock right to side, return left
- 4&5 Step right behind left, step left to side, cross right over left
- 6-7 Rock left to side, return right
- 8&1 Cross left over right, step right 1/4 right, turning 1/4 right make a large step left to side

RIGHT DRAG, RIGHT BALL CROSS, RIGHT KICK BALL CROSS, RIGHT SIDE POINT, FULL SYNCOPATED MONTEREY, LEFT SIDE POINT

- 2 Drag right towards left
- &3 Step ball of right next to left, cross left over right
- 4&5 Kick right (45 degrees) to right, step right next to left, cross left over right
- 6-7 Point right to side, hold
- 8&1 Make a full turn right, step right next to left, point left to side

SYNCOPATED JAZZ, RIGHT CROSS TRIPLE, 1/2 RIGHT TURN, SIDE, TOGETHER

- 2&3 Cross left over right, step right back, step left to side
- 4&5 Cross right over left, step left to side, cross right over left
- 6-7 Turning 1/4 right step left back, turning 1/4 right step right forward
- 8& Step left to side, step right next to left

REPEAT
