

Shame On Me

Compte: 64

Mur: 1

Niveau: Improver

Chorégraphe: Cato Larsen (NOR)

Musique: Shame On Me - Rachel Proctor



SIDE ROCK, SIDE SHUFFLE, CROSS ROCK, SWEEP INTO A SAILOR STEP ¼ TURN

- 1-2 Step right to right, step left in place
- 3&4 Step right to right, step left next to right, step right to right
- 5-6 Step left across of right, rock (recover) back onto right
- & Sweep left counter to the right
- 7&8 Step left behind right, step right to right, turn ¼ turn left stepping forward on left

ROCK STEP, AND ROCK STEP, AND WALK FORWARD, SHUFFLE FORWARD

- 1-2& Step forward on right, rock (recover) back onto left, step right next to left
- 3-4& Step forward on left, rock (recover) back onto right, step left next to right
- 5-6 Step forward on right, step forward on left
- 7&8 Step forward on right, step left next to right, step forward on right

ROCK STEP, ¼ TURN & POINT, HOLD, HIP BUMPS, SIDE ROCK & CROSS

- 1-2 Step forward on left, rock (recover) back onto right
- &3-4 Pivot ¼ turn left stepping left to left side, point right toe to right side, hold
- 5-6 Bump your hips right, left
- 7&8 Step right to right side, rock (recover) back onto left, step right across of left

2X ¼ PIVOT TURN, CROSS SHUFFLE, SIDE ROCK, WEAVE

- 1 Pivot ¼ turn right stepping back on left
- 2 Pivot ¼ turn right stepping right to right side
- 3&4 Step left across of right, step right to right side, step left across of right
- 5-6 Step right to right side, rock (recover) back onto left
- 7&8 Step right behind left, step left to left side, step right across of left

REPEAT IT ALL

- 33-64 Repeat 1-32 mirror image. Everything is done the opposite way with the opposite foot

REPEAT
