

It's a Shame

拍数: 64 墙数: 2 级数: Intermediate
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音乐: It's a Shame - Courtney Patton



Sequence : 32 intro – 64 – 64 – 64 – TAG – 64 – 64 – 64 – 64 – 32 Restart – 64

[1-8] STEPS & SCUFFS FWD

1-2 Step right forward , scuff left
3-4 Step left forward , scuff right
5-6 Step right forward , scuff left
7-8 Step left forward , scuff right

[9-16] GRAPEVINE RIGHT – GRAPEVINE LEFT ending STOMP

1-2 Step right to right side , cross left behind right
3-4 Step right to right side , scuff left
5-6 Step left to left side , cross right behind left
7-8 Step left to left side , stomp right beside left

[17-24] MILITARY TURN – JUMPING ROCK BACK (R) – STOMP (R) - HOLD

1-2 Step left forward . ½ turn right
3-4 Step left forward , ½ turn right
5-6 Jumping step right back , recover on left
7-8 Stomp right beside left , hold

[25-32] JUMPING CROSS ROCKS (R & L) – KICKS (L – R) – FLICK (L) – STOMP (L)

1-2 Cross right over left and flick left , recover on left and kick right forward
3-4 Step right to right side and kick left forward , cross left over right and flick right
5-6 Recover on right and kick left forward , left beside right and kick right forward
7-8 Right beside left and flick left , stomp left beside right

•□During 8 wall dance up to 32 count (looking for 09.00) and begin again

[33-40] PIGEON TOED MOVIMENT - HOLD - HEEL STRUTS (R-L)

1-3 Travel sideway bringing the heels together leaving the toes apart , then bringing de toes together leaving the heel apart , then bringing the heels together leaving the toes apart
4 Hold
5-6 Step right heel forward , drop right toe to the floor
7-8 Step left heel forward , drop left toe to the floor

[41-48] ROCK FWD (R) – ½ TURN RIGHT with TOE STRUT (x 2) – STEP ¼ TURN RIGHT - TOGETHER

1-2 Step right forward , recover on left
3-4 Step back on right toe , turn ½ right and drop right heel taking weight (06.00)
5-6 Step forward on left toe , turn ½ right and drop left heel taking weight (12.00)
7-8 Turn ¼ right stepping right to right side , left beside right (weight on left) (03.00)

[49-56] RIGHT: KICK , STOMP UP , FLICK , STOMP – SWIVETS (R – L)

1-2 Kick right forward , stomp up right beside left
3-4 Flick right , stomp right
5-6 On the ball of left foot and the heel of right foot,swivel left heel to the left and right toe to the right , then return
7-8 On the ball of right foot and the heel of left foot , swivel right heel to the right and left toe to the left , then return

[57-64] LEFT : KICK ,STOMP UP . FLICK , STOMP – SWIVETS (L – R)

- 1-2 Kick left forward , stomp up left beside right
- 3-4 Flick left , stomp left beside right
- 5-6 On the ball of right foot and the heel of left foot , swivel right heel to the right and left toe to the left , then return
- 7-8 On the ball of left foot and the heel of right foot,swivel left heel to the left and right toe to the right , then return

REPEAT

TAG: At the end of 3rd wall will add 16 counts (looking for 09.00)

[1-8] STEP LOCK STEP FWD – HOOK – STEP LOCK STEP BWD – HOOK

- 1-2 Step right forward , lock left behind right
- 3-4 Step right forward , hook left behind right
- 5-6 Step left back , lock right over left
- 7-8 Step left back , hook right over left

[9-16] [ROCK SIDE – CROSS – HOLD] (R-L)

- 1-2 Step right to right side , recover on left
- 3-4 Step right to left side crossed over left , hold
- 5-6 Step left to left side , recover on right
- 7-8 Step left to right side crossed over right , hold

RESTART: During 8th wall dance up to count 32 and begin again

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