

Shame

拍数: 32 墙数: 4 级数: Beginner / Improver
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音乐: Drive of Shame - Brad Paisley & Mick Jagger



Part 1 - The sun comes up

1 & 2 Shuffle: RF fwd, LF close to RF, RF fwd
3 LF step fwd, pivot 1/2 to right
4 RF close to LF

(In Refrain u can do an arm circle from down to up if u like)

5 LF step fwd
6 RF Point to side
7 RF step fwd
8 LF Point to side

Part 2 - Jazz Box

1 LF cross over RF,
2 RF step back with a pivot 1/4 to left
3 & 4 Chasse left: LF step to side, RF close to LF, LF step to side
5 RF cross diagonal fwd over LF with a little drop action. LF Toe Touch behind RF
6 Pause for 1 Beat
7 & 8 Shuffle Step diagonal back: LF back, RF close to LF, LF back

Part 3 - Walk of Shame

1 2 Step forward with RF and a Pause on 2 (Legs a little bit open)
3 4 Step forward with LF and a Pause on 4
5 Toe Tap diagonal forward with RF
&6&7&8 Three Pelvis Thrust

Part 4 - Coaster

1 & 2 Coaster Step with RF
3 4 LF step back w. 1/4 turn to left and bring your hip to left, on 4 bring your hip to right
5 & 6 Chasse left: LF step to side, RF close to LF, LF step to side w 1/4 turn
7 RF fwd 1/2 pivot
8 LF fwd

Start again

Restart: after 16 Beats in Walls 5 & 11

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