

Triple Shame

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Shame, Shame, Shame - A*Teens



Section 1 : Heel Switches, Rockstep, Step back, Heel Swivel, Shuffle forward

1&2& R heel forward , Step R next L, L heel forward, Step L next R
3 – 4 Rock R forward, Weight back on L
5&6 Step R back, Swivel both heels out, Swivel both heels in
7&8 Step R forward, Step L next R, Step R forward

Section 2 : ¼ turn R, Toe touch, Chasse Right, ¼ turn R, Swivel, in place, Swivel, Chasse Left

1 – 2 Turn ¼ to right & step L to the side, Touch R toe next L
3&4 Step R to right, Step L next R, Step R to right
5&6& Turn ¼ to right & step L to the side, Swivel R heel (in), Swivel R heel in place, Swivel L heel (in)
7&8 Step L to left, Step R next L, Step L to left

Section 3 : Heel grind cross, back, Side, Heel grind ¼ turn R, Rock back-recover

1 – 2 Right heel grind over L, Step L to left
3 – 4 Step R behind L, Step L to left
5 – 6 Right heel grind ¼ turn to right, Step L back
7 – 8 Step R back, Weight back on L

Section 4 : Shuffle ½ turn L, Touch L toe back, ½ L reverse pivot, Rock R forward, Step back R, Drag L together

1&2 Make ½ shuffle left stepping RLR
3 – 4 Touch L toe back, Turn ½ left
5 – 6 Step R forward, weight back on L
7 – 8 Step R back, Drag L next R & put weight on L

Start over

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