

# Triple Shame

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Rudy Honing (NL) - April 2018  
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

More info : [www.honeybeez.nl](http://www.honeybeez.nl) - [r.honing2@kpnmail.nl](mailto:r.honing2@kpnmail.nl)