

Shameful

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Annie Moore
音乐: What a Crying Shame - The Mavericks



ROCK FORWARD, BACK, COASTER, FORWARD, BACK, BACK, HOLD

1-2 Rock forward on left, rock back on right
3&4 Step back on left, step right beside left, step forward on left
5-6-7-8 Rock forward on right, rock back on left, step back on right, hold

COASTER, ROCK FORWARD, BACK, TOE STRUT BACK

9&10 Step back on left, step right beside left, step forward on left (coaster)
11-12 Rock forward on right, rock back on left
13-14-15-16 Toe strut back right, left

¼ ROCK, BEHIND SIDE CROSS, ROCK LEFT, RIGHT, BEHIND SIDE CROSS

17-18 Making ¼ turn right step right to right side, rock weight to left
19&20 Step right behind left, step left to left, step right across left
21-22 Rock left to left, rock weight to right
23&24 Step left behind right, step right to right, step left across right

ROCK/ ¼ TURN, ½ TRIPLE STEP, ROCK BACK FORWARD, ½ TRIPLE STEP

25-26 Rock right to right, making ¼ turn left step rock forward on left
27&28 Making ½ turn left triple step right, left, right
29-30-31&32 Rock back on left, rock forward on right, ½ right triple step left, right, left

ROCK BACK FORWARD, STEP, HOLD, STEP, LOCK, ROCK FORWARD, BACK

33-34-35-36 Rock back on right, rock forward on left, step forward on right, hold
37-38-39-40 Step forward on left, lock right behind left, rock forward on left, rock back on right

COASTER, FORWARD, HOLD, FORWARD, LOCK, ROCK FORWARD BACK

41&42 Step back on left, step right beside left, step forward on left
43-44-45-46 Step forward on right, hold, step forward on left, lock right behind left
47-48 Rock forward on left, rock back on right

COASTER, ¼ PIVOT TWICE, ROCK FORWARD BACK

49&50 Step back on left, step right beside left, step forward on left
51-52-53-54 Step forward on right, pivot ¼ left - and repeat
55-56 Rock forward on right, rock back on left

ROCK BACK FORWARD, TOE STRUT FORWARD RIGHT-LEFT-RIGHT

57-58 Rock back on right, rock forward on left
59-64 Toe strut forward right, left, right

REPEAT