

Shameless

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Just Enough Rope - Rick Trevino



Begin with your feet shoulder width apart

FINGER SNAPS

- 1 Bring your arms up to the right side of your body
- 2 Straighten your arms and snap your fingers
- 3 Bring your arms up to the left side of your body
- 4 Straighten your arms and snap your fingers
- 5 Bring your arms to the right side of your body and snap your fingers
- 6 Bring your arms to the left side of you body and snap your fingers
- 7 Bring your arms to the right side of your body and snap your fingers
- 8 Bring your arms to the left side of you body and snap your fingers

- 9-10 Bring your arms up on the right diagonal hands together, and touch with both hands your right hip
- 11-12 Bring your arms up on the left diagonal hands together, and touch with both hands your left hip
- 13 Right hand touch left hip again
- 14 Left hand cross in front of right hand and touch your right hip
- 15 Right hand touch your right back side
- 16 Left hand touch your left back side

SYNCOPATED HEEL TOUCHES, HEEL GRID

- 17 Right heel touch in front (flat foot), weight left foot
- 18 Right step back in place and touch left heel in front (flat foot), weight on right foot
- 19 Left step back in place and touch right heel in front (flat foot), weigh on left foot
- 20 Right step back in place and touch left heel in front (flat foot), weight on right
- 21 Left step back in place, right heel grid in front
- 22 Left recover your weight
- 23 Right step backwards
- & Left step next to your right
- 24 Step right forward

HEEL GRID, VINE TO THE RIGHT SIDE

- 25 Left heel grid in front
- 26 Right recover your weight
- 27 Left step backwards
- & Right step next to your right
- 28 Step left forward
- 29 Right step to the right side
- 30 Left step behind right
- 31 Right step to the right side
- 32 Left scuff

VINE TO THE LEFT SIDE WITH ¼ TURN LEFT, STEP, ½ TURN LEFT, STEP, CROSS STEP

- 33 Left step to the left side
- 34 Right step behind left

- 34 Left step to the left side with $\frac{1}{4}$ to the left (9:00)
- 36 Right scuff
- 37 Step right forward
- 38 Make $\frac{1}{2}$ turn to the left your weight is on your left (3:00)
- 39 Step right forward
- 40 Left cross step behind your right

UNWIND TURN LEFT, STEP, TURN $\frac{1}{4}$ LEFT, TOUCH AND SWIVEL IN FRONT AND BACK, LIFT $\frac{1}{4}$ TURN LEFT, STEP, HOLD CLAP

- 41 Make unwind full turn to the left (3:00)
- 42 Step left forward
- 43 Step right forward
- 44 Make a $\frac{1}{4}$ turn to the left, weight on your left (12:00)
- 45 Touch right toe in front and swivel both heels to the inside
- & Lift your right up, and bring your heels to the outside
- 46 Touch right toe back and swivel both heels to the inside
- & Lift your right up and make $\frac{1}{4}$ turn to the left (9:00)
- 47 Right step next to left, shoulder width apart
- 48 Hold and clap

REPEAT
