Shameless



编舞者: Rita E. Antonsen

音乐: Shame On Me - Rachel Proctor



1-2 3-4 5-6 7-8	Step right diagonally to the right, step left beside right Twist both heels to the right, twist both heels to the left (center) Step left to the left with ¼ turn left, point right toe to the right Turning ½ to the right(on ball of left), step right together, point left toe to the left
1&2 3-4 5&6 7-8	Left cross-shuffle to the right Right rock-step to the right, shift weight to left Right cross-shuffle to the left Left step to the left, turning ½ to the right, step right to the right
1-2 3-4 5&6 7-8	Step left forward, hold Step right forward, pivot ½ to the left (weight on right) Coaster step (starting on left) Step right forward, touch left beside right
1-2 3-4 5&6 7-8	Step back on left, point right toe back ½ turn to the right ending with weight on right, point left toe to the left Left cross-shuffle to the right Right rock-step to the right, turning ¼ to the right, shift weight to left
1&2 3-4 5-6 7&8	Right shuffle back Left rock-step back, weight on right Rock-step left to the left, weight on right Left cross-shuffle to the right
1-2 3-4 5&6 7&8	Sway right to the right, sway left to the left Sway right to the right, sway left to the left Right 1/1 turning-shuffle to the right (backwards, turning goes to the right, movement to the left ending up to the left of where you started turning) Left chasse to the left
1-2 3-4 5-6 7-8	Right rock-step back, weight on left Step right forward, ¼ turn to the left Touch right toe forward, step on right heel Touch left toe forward, step on left heel
1-2 3&4 5-6	Touch right toe beside left (45 degrees to the left), touch right heel forward (45 degrees to the right) Right coaster step Touch left toe beside right (45 degrees to the right), touch left heel forward (45 degrees to the left)
7&8	Left coaster step

REPEAT