

What A Shame

拍數: 48 牆數: 4 級數: Novice / Intermediate
編舞者: Dolly Dixon (SWE) - October 2016
音樂: Ain't That a Shame? - Fats Domino



Alt.: Ain't that a shame (feat. The Dean Brothers)

No intro, the dance starts immediately on the first tune.

S1: Step,step,hold bounce,touch

&1 small left step diagonally back, right foot diagonally fwd without weight
2-3 hold, right heelbounce
4 shift weight over to right foot while touch left toe behind
&5-8 repeat &1-4

S2: Step,hold,together,step kick, toestruts

1-2& left step fwd, hold, right step together
3-4 left step fwd, right kick fwd
5-6 right toe crossed over left foot, put right heel down
7-8 left toe to left side, put left heel down

S3: Chassé, rock back, syncopated weave, side

1&2 right step to right side, left step together, right step to right side
3-4 left step back, shift weight fwd to right foot
5-6& left step to left side, step right behind left, step left to left side
7-8 cross right over left, step left to left side

S4: Step turn ½, step turn ¼, jump fwd, heelbounces, jump back

1-2 step right fwd, turn ½ left (face 6 o'clock)
3-4 step right fwd, turn ¼ left (face 3 o'clock)
&5 jump fwd right, left
6-7 heelbounce twice on both heels
&8 jump back left, right

S5: Shuffle fwd, step turn ½, syncopated weave, side

1&2 left step fwd, right together, left step fwd
3-4 right step fwd, turn ½ left (face 9 o'clock)
5-6& right step to right side, left step behind, right step to right side
7-8 cross left over right, step right to right side

S6: Cross kicks, kick ball step, step turn ½, step turn ½

1&2& kick left diagonally right, left together, kick right diagonally left, right together
3&4 kick left fwd, left together, step right fwd
5-6 left step fwd, turn ½ right (face 3 o'clock)
7-8 repeat 5-6 (face 9 o'clock)

Repeat from top. No Tags, No Restarts!

Contact: lucylove1945@gmail.com