

拍數: 32 牆數: 4 級數: Improver

編舞者: Dawn Dennell (UK)

音樂: Shame On Me - Anne Murray



### CROSS, POINT, TURN, BALL CHANGE, TOUCH, STEP PIVOT, SHUFFLE

1 Cross right foot in front of left and step on to it

2 Point left toe to the left side

3 Turn a ¼ turn to the left on ball of right foot

& Step left foot beside right with weight on ball of left foot

4 Transfer weight to right foot 5 Step forward on left foot 6 Pivot ½ turn to the right

7&8 Shuffle forward left right left while turning ½ turn to the right (curving turn)

# ROCK STEP, SHUFFLE 1/2 PIVOT, 1/4 PIVOT

1 Step back on right foot

2 Return weight forward onto left foot
3&4 Shuffle forward right left right
5 Step forward on left foot
6 ½ pivot turn to your right
7 Step forward on left foot
8 ¼ pivot turn to your right

### CROSS, POINT, TURN, BALL CHANGE, TOUCH, STEP PIVOT, SHUFFLE

1 Cross left foot in front of right and step on to it

2 Point right toe to the right side

3 Turn a ¼ turn to the right on ball of left foot

& Step right foot beside left with weight on ball of right foot

Transfer weight to left foot
 Step forward on right foot
 Pivot ½ turn to the left

7&8 Shuffle forward right, left, right while turning ½ turn to the left (curving turn)

## ROCK STEP, SHUFFLE ½ PIVOT, ½ PIVOT

1 Step back on left foot

2 Return weight forward onto right foot

3&4 Shuffle forward left, right, left
5 Step forward on right foot
6 ½ pivot turn to your left
7 Step forward on right foot
8 ½ pivot turn to your left

#### **REPEAT**

For the more experienced dancers

If dancing to "What Would It Take," there is a break after every 3rd complete 32 sequence if you want to incorporate the break use the following 24 steps at the end of every 3rd wall

These two moves will complete a full turn to the right in 2 counts

1 Step to right on right foot turning ½ turn to right

2 Step to side on left foot turning ½ turn over right shoulder

3&4 Shuffle right left right to right side

& Slightly lift left foot while crossing arms in front of hips
 Stomp left foot to left while taking arms to sides (approximately 12 inches from body)
 Hold this position until the music starts again (3 counts approximately)
 When doing these rock steps push the hips and bend the knees slightly to give a better feel to the moves

9 Rock forward onto right foot
10 Return weight to left foot
11&12 Shuffle in place right left right
13 Rock back on to left foot
14 Return weight to right foot
15&16 Shuffle in place left, right, left
17 Rock to right on right foot
18 Return weight to left foot

21 Rock to left on left foot 22 Return weight to right foot 23&24 Shuffle in place left right left

Shuffle in place right left right

19&20