

# Shameless

拍數: 48      牆數: 4      級數: Intermediate  
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音樂: 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**

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