

# Shameless

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Rita E. Antonsen  
音樂: Shame On Me - Rachel Proctor



- 1-2      Step right diagonally to the right, step left beside right  
3-4      Twist both heels to the right, twist both heels to the left (center)  
5-6      Step left to the left with  $\frac{1}{4}$  turn left, point right toe to the right  
7-8      Turning  $\frac{1}{2}$  to the right(on ball of left), step right together, point left toe to the left
- 1&2      Left cross-shuffle to the right  
3-4      Right rock-step to the right, shift weight to left  
5&6      Right cross-shuffle to the left  
7-8      Left step to the left, turning  $\frac{1}{2}$  to the right, step right to the right
- 1-2      Step left forward, hold  
3-4      Step right forward, pivot  $\frac{1}{2}$  to the left (weight on right)  
5&6      Coaster step (starting on left)  
7-8      Step right forward, touch left beside right
- 1-2      Step back on left, point right toe back  
3-4       $\frac{1}{2}$  turn to the right ending with weight on right, point left toe to the left  
5&6      Left cross-shuffle to the right  
7-8      Right rock-step to the right, turning  $\frac{1}{4}$  to the right, shift weight to left
- 1&2      Right shuffle back  
3-4      Left rock-step back, weight on right  
5-6      Rock-step left to the left, weight on right  
7&8      Left cross-shuffle to the right
- 1-2      Sway right to the right, sway left to the left  
3-4      Sway right to the right, sway left to the left  
5&6      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)  
7&8      Left chasse to the left
- 1-2      Right rock-step back, weight on left  
3-4      Step right forward,  $\frac{1}{4}$  turn to the left  
5-6      Touch right toe forward, step on right heel  
7-8      Touch left toe forward, step on left heel
- 1-2      Touch right toe beside left (45 degrees to the left), touch right heel forward (45 degrees to the right)  
3&4      Right coaster step  
5-6      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**