

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