

Such a Shame

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lesley Clark (SCO) - February 2012
音樂: Dedication to My Ex (Miss That) (feat. Andre 3000 & Lil Wayne) - Lloyd



Intro: 32 count intro, start on vocals. NO tags or restarts

KICK-BALL-CHANGE, TOE STRUT, KICK-BALL-CHANGE, TOE STRUT

1&2 Kick right foot forward, bring back in place, step slightly forward on left
3-4 Touch right toe forward, drop heel (slow)
5&6 Kick left foot forward, bring back in place, step slightly forward on right
7-8 Touch left toe forward, drop heel (slow)

ROCK, RECOVER, 1 1/2 TURN, ROCK, RECOVER, COASTER CROSS

1-2 Rock forward on right, recover
3&4 1 1/2 shuffle turn right stepping right, left, right

Easier option: ½ turn shuffle right

5-6 Rock forward on left, recover
7&8 Step back on left, step right next to left, cross step left over right

ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, SAILOR ¼ TURN

1-2 Rock out to right side, recover
3&4 Step right behind left, step left to left side, cross step right over left
5-6 Rock out to left side, recover
7&8 Step left behind right, ¼ turn left stepping right beside left, step forward on left

ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, STEP, TOUCH

1-2 Rock forward on right, recover
3&4 Shuffle ½ turn right stepping right, left, right
5-6 ½ turn right stepping back on left, ½ turn right stepping forward on right

Easier option: walk forward left, right

7-8 Step forward on left, touch right next to left

STEP, HOLD, STEP, TOUCH, STEP, HOLD, STEP, TOUCH

1-2 Step right to right side, Hold
&3-4 Step left next to right, step right to right side, touch left next to right
5-6 Step left to left side, Hold
&7-8 Step right next to left, step left to left side, touch right next to left

STEP, TOUCH, LEFT LOCK STEP, RIGHT LOCK STEP, COASTER STEP

1-2 Step forward on right, touch left next to right
3&4 Step back on left, lock right across of left, step back on left
5&6 Step back on right, lock left across of right, step back on right
7&8 Step back on left, step right next to left, step forward on left

BUMP, STEP, BUMP, STEP, ¼ TURN, ¼ TURN

1-2 Touch right toe forward, at same time bump right hip, step forward on right
3-4 Touch left toe forward, at same time bump left hip, step forward on left
5-6 Step forward on right, ¼ turn left
7-8 Step forward on right, ½ turn left

TOE SWITCHES, HEEL SWITCHES, ½ TURN LEFT, ¼ TURN LEFT

1&2 Touch right toe to right side, bring back in place, touch left toe to left side

- &3&4 Touch right heel forward, bring back in place, touch left heel forward
- (Travel forward with these sequence of step)**
- &5-6 Step left back in place, step forward on right, ½ turn left
- 7-8 Step forward on right, ¼ turn left

Start Again.....Happy Dancing.....
