

Shame On Me

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Rachael McEnaney (USA) - June 2012
音樂: Shame On Me - Ken Mellons : (iTunes)



Count In: 8 counts from start of track, dance begins on vocals.

[1 - 8] R kick, step back R, rock back L, step L, ½ pivot R, walk LR

1 2 3 4 Kick right foot forward (1), step back on right (2), rock back on left (3), recover weight to right (4) 12.00
5 6 7 8 Step forward on left (5), pivot ½ turn right (6), walk forward on left (7), walk forward on right (8) 6.00

[9 - 16] L kick x2, rock back L, step L, ¼ pivot R, L crossing shuffle

1 2 3 4 Kick left foot forward (1), kick left foot forward (2), rock back on left (3), recover weight to right (4) 6.00
5 6 7 & 8 Step forward on left (5), pivot ¼ turn right (6), cross left over right (7), step right to right side (&), cross left over right (8) 9.00

[17 - 24] Weave R, R side rock, cross R, clap,

1 2 3 4 Step right to right side (1), cross left behind right (2), step right to right side (3), cross left over right (4) 9.00
5 6 7 8 Rock right to right side (5), recover weight to left (6), cross right over left (7), clap hands (8) 9.00

[25 - 32] Weave L, L side rock with ¼ turn R, walk LR

1 2 3 4 Step left to left side (1), cross right behind left (2), step left to left side (3), cross right over left (4) 9.00
5 6 7 8 Rock left to left side (5), recover weight to right as you make ¼ turn right (6), walk forward on left (7), walk forward on right (8) 12.00

[33 - 40] Rock fwd L, L shuffle back, back rock R, R kick ball change

1 2 3 & 4 Rock forward on left (1), recover weight to right (2), step back on left (3), step right next to left (&), step back on left (4) 12.00
5 6 7 & 8 Rock back on right (5), recover weight to left (6), kick right foot forward (7), step in place on ball of right (&), step in place on left (8) 12.00

[41 - 48] Rock fwd R, R shuffle back, touch back L, unwind ½ turn L, step fwd R, pivot ½ turn L

1 2 3 & 4 Rock forward on right (1), recover weight to left (2), step back on right (3), step left next to right (&), step back on right (4) 12.00
5 6 7 8 Touch left toe back (5), make ½ turn left transferring weight to left foot (6), step forward on right (7), pivot ½ turn left (8) 12.00

[49 - 56] R jazz box cross, side rock with hips RLRL

1 2 3 4 Cross right over left (1), step back on left (2), step right to right side (3), cross left over right (4) 12.00
5 6 7 8 Rock right to right side swaying hips right (5), sway hips left (6), sway hips right (7), sway hips left (8) 12.00

[57 - 64] R sailor with ¼ turn R, L shuffle, step R, ½ pivot L, step R, ¼ pivot L

1 & 2 Cross right behind left starting ¼ turn right (1), complete ¼ turn right stepping left next to right (&), step forward on right (2) 3.00
3 & 4 Step forward on left (3), step right next to left (&), step forward on left (4) 3.00

5 6 7 8 Step forward on right (5), pivot ½ turn left (6), step forward on right (7), pivot ¼ turn left (8)
6.00

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Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in it's original format and include all contact details on this script.

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