

Don't Feel No Shame

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Malene Jakobsen (DK) - March 2014
音樂: Sexual Religion - Rod Stewart : (Album: Time - iTunes)



Intro: 32 counts from when the beat kicks in, 35 seconds into track, dance begins with weight on L

Restarts: There are 2 restarts:-

One on wall 3 after 8 counts facing 6.00

And one on wall 6 after 32 counts facing 3.00

[1-8] Side, ball step, side, ball step, side and swing your hips

1-2&3 (1) Step R to R, (2) step L next to R, (&) step R next to R, (3) step L to L 12.00
4&5 (4) Step R next to L, (&) step L next to R, (5) step R to R and sway R hip R 12.00
5-6-8 (6-7-8) Sway hips L, R, L (weight ends on L) 12.00

NOTE Your first restart is here, you will be facing 6.00

[9-17] Side, back rock, 1/4, back lock, 1/2, step, anchor

1-2&3 (1) Step R to R, (2) rock back on L, (&) recover onto R, (3) turn 1/4 R stepping back on L 3.00
4&5 (4) Step back on R, (&) lock L across R, (5) step back on R 3.00
6-7 (6) Turn 1/2 L stepping fwd. on L, (7) step fwd. on R 9.00
8&1 (2) Step L behind R, (&) lock R slightly over L, (3) step back on L 9.00

[18-25] 1/2, 1/4, behind side, cross rock, point, cross shuffle 1/4

2-3 (2) Turn 1/2 R stepping fwd. on R, (3) turn 1/4 R stepping L to L 6.00
4& (4) Cross R behind L, (&) step L to L 6.00
5-6-7 (5) Rock R across L, (6) recover onto L, (7) point R to R turning your body slightly to L diagonal 6.00
8&1 (8) Cross R over L turning 1/8 R, (&) step L to L turning 1/8 R, (1) step L to L 9.00

[26-33] 1/4, 1/4, together, point, ball, bend L touch R, drag, step, fwd. rock

2-3 (2) Turn 1/4 R stepping back on L but continue another 1/4 R on ball of L, (3) step R next to L 3.00
4& (4) Point L to L, (&) step L next to R 3.00
5-6-7 (5) Bend L knee slightly pointing R to R, (6) drag R towards L straightening L knee, (7) step slightly fwd. on R 3.00
8-1 (8) Rock fwd. on L, (1) recover onto R 3.00

NOTE AFTER COUNT 8 is your second restart, you will be facing 3.00

[34-41] Triple 3/4, back, side, samba, point across, point

2&3 (2&3) Triple L, R, L making 3/4 L ending with L crossed over R 6.00
4-5 (4) Step back on R, (5) step L to L 6.00
6&7 (6) Cross R over L, (&) rock L to L, (7) recover onto R, 6.00
8-1 (8) Point L across R, (1) point L to L 6.00

[42-48] Coaster 1/4, fwd. rock, shuffle 1/2, 1/4

2&3 (2) Step back on L making 1/4 turn L, (&) step R next to L, (3) step fwd. on L 3.00
4-5 (4) Rock fwd. on R, (5) recover onto L 3.00
6&7-8 (6&7) Shuffle 1/2 R, (8) turn 1/4 R stepping L to L 12.00

[49-56] Behind, rock 1/4, walk back, 1/4, hold, ball, 1/4, step

1-2& (1) Cross R behind L, (2) rock L to L, (&) recover onto R making 1/4 turn L 9.00
3-4 (3-4) Walk back L, R 9.00

5-6& (5) Turn 1/4 L stepping L to L, (6) hold, (&) step R next to L 6.00
7-8 (7) Turn 1/4 stepping fwd. on L, (8) step fwd. on R 3.00

[57-64] Slow mambo, diagonal back, touch, side, back rock

1-2-3 (1) Rock fwd. on L, (2) recover onto R, (3) step back on L 3.00
4-5 (4) Step diagonally back on R, (5) touch L next to R 3.00
6-7-8 (6) Step L to L, (7) rock back on R, (8) recover onto L 3.00

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