

# Shameless

**Compte:** 64

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Rita E. Antonsen

**Musique:** Shame On Me - Rachel Proctor

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- |     |  |
|-----|--|
| 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**

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