Such a Shame



拍数: 64 墙数: 2 级数: Intermediate

编舞者: Lesley Clark (SCO) - February 2012

音乐: 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-CHA	NGE. 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, 11/2 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 1/4 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

Step back on left, lock right across of left, step back on left
Step back on right, lock left across of right, step back on right
Step back on left, step right next to left, step forward on left

BUMP, STEP, BUMP, STEP, 1/4 TURN, 1/4 TURN

Touch right toe forward, at same time bump right hip, step forward on right
 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, 1/2 TURN LEFT, 1/4 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....