Walk of Shame



編舞者: Karen Tripp (CAN) - April 2018

音樂: Walk of Shame - Eight to the Bar: (iTunes, amazon)



#32-count wait

[1-8] 2 LINDYS (SIDE SHUFFLE, ROCK BACK/REC; SIDE SHUFFLE, ROCK BACK/REC)

1&2 Shuffle to the right – right, left, right

3-4 Rock back on left, recover on forward right

5&6 Shuffle to the left – left, right, left

7-8 Rock back on right, recover forward on left

[9-16] STEP SIDE, CROSS KICK (4X)

1-2	Step side on right, cross in front with left kick (snap fingers)
3-4	Step side on left, cross in front with right kick (snap)
5-6	Step side on right, cross in front with left kick (snap)
7-8	Step side on left, cross in front with right kick (snap)

[17-24] SHUFFLE FORWARD, STEP, TURN 1/2 R, SHUFFLE FWD, STEP, TURN 1/4 L

1&2 Shuffle forward – right, left, right

3-4 Step forward on left, turn ½ right and step right

5&6 Shuffle forward – left, right, left

7-8 Step forward on right, turn 1/4 left and step left

[25-32] 2 TOE STRUTS, 4 SKATES

1-2	Place right toe forward, drop right neel
3-4	Place left toe forward, drop left heel
5-6	Step right sliding right toe to the right, step left sliding left toe to the left
7-8	Step right sliding right toe to the right, step left sliding left toe to the left

REPEAT

ENDING: Ends facing 9:00 after 32 counts, cross R over L and slowly unwind left face ¾ turn to face 12:00.

Choreographer Information: Karen Tripp

Cranbrook, British Columbia, karen@trippcentral.ca