

No Shame

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Ken McMillin (USA) - June 2025
音樂: No Shame - Jeff Bates



Walk, walk, rock recover, weave

1,2,3&4 RF walk fwd, LF walk fwd, RF Rock fwd, recover
5,6,7,8 LF cross in front, RF step to R side, LF step behind, RF step to R side

Rock recover, behind side cross, Monterey

1,2,3&4 LF rock fwd, recover together, LF behind, RF to R side, LF cross
5,6,7,8 RF point to R side, 1/4 R turn as RF slides back, LF point to side and close

Point, point, behind, side cross, point, point, cross, side rock recover

1&2&,3&4 RF point side, ball LF point side, LF behind, RF to side, LF cross front
5&6&, 7&8 RF point side, ball LF point side, LF cross rock over RF, recover to RF, LF close

Jazz box, Fwd rock recover, ½ r turn shuffle

1,2,3,4, RF step across front, LF step to L, RF step to R, LF step together
5&6, 7&8& RF rock front, recover RF ½ R turn with shuffle fwd, (r,l,r), LF close

Learn-Dance-Teach -Enjoy!

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