

# There is No Shame

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Improver  
編舞者: Ken McMillin (USA) - May 2025  
音樂: No Shame - Jeff Bates



Intro: 32 ct.

**Side, behind, side, cross, side, behind, side, cross rock, recover, step**

1,2,3,4      RF to R side, LF behind RF, RF to R side, LF cross over RF  
5,6, &7&8      FR to R side, LF behind RF, RF side, LF cross rock, recover to RF, Step on LF

**Back sweep, back sweep, coaster, fwd sweep, fwd sweep, cross, back ¼ l, close**

1,2 3&4      RF back sweep, LF back sweep, RF back, LF Close, RF fwd (coaster)  
5,6,7&8      LF fwd sweep, RF fwd sweep, LF cross over RF, RF back ¼ turn L, LF close

**Step, lock, step, lock, step, step, pivot, walk, walk**

1,2,3&4      RF step fwd, LF lock, RF step, LF lock, FR step  
5,6,7&8      LF step fwd, pivot ½ to RF, LF walk fwd, RF walk Fwd

**Rock, recover, coaster cross, side rock, recover, back V step**

1,2,3&4      LF rock fwd, recover to RF, LF back, RF close, LF cross over RF fwd (coaster cross)  
5,6&7&8      RF side rock, recover to LF, RF back (out), LF back, (out), RF fwd (in) LF fwd (in)

**Side, close, chasse, side, hold, rock back, recover, close**

1,2,3&4      RF to R side, LF close, RF to R chasse (r,l,r)  
5,6,7&8      LF to L side, hold, RF rock back, recover to LF, RF close

**Side, close, chasse, rock back, recover, step fwd ¼ turn L, close**

1,2,3&4      LF step to L side, RF close, L chasse (l,r,l)  
5,6,7&8      RF rock back, recover to LF, RF step fwd ¼ L turn, LF close

**Side, close, chasse, rock back, recover, behind, ¼ turn L, close**

1,2,3&4      LF to L side, RF close, l chasse (l,r,l)  
5,6,7&8      RF rock back, recover to LF, RF back, LF fwd ¼ turn L, RF close

**R Jazz box, back, hold, back, touch**

1,2,3,4      RF cross over LF, LF back, RF ¼ r to R side, LF close  
5,6,7,8      RF back, hold, LF back, RF touch Learn – Dance – Enjoy - Share