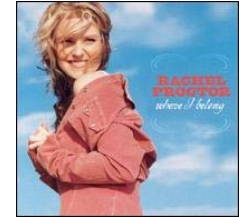




Shame On Me



Choreographed by **Cato Larsen** (22. January 2005)

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Description: 32/64 Count, 2/1 Wall Line Dance.
Level: Intermediate.
Music: Shame On Me – Rachel Proctor
CD: Rachel Proctor – Where I Belong (2004).
Intro: Start on vocals after 36 counts (18 seconds).
Motion: Lilt Motion (East Coast Swing).
BPM: 129

- 1 – 8** **Side Rock, Side Shuffle, Cross Rock, Sweep into a Sailor Step 1/4 turn.**
1,2 Step right to right (1), Step left in place (2).
3&4 Step right to right (3), Step left next to right (&), Step right to right (4).
5,6 Step left across of right (5), Rock (recover) back onto right (6).
& Sweep left counter clockwise (&).
7&8 Step left behind right (7), Step right to right (&), Turn 1/4 turn left Stepping forward on left (8).
- 9 – 16** **Rock Step, And Rock Step, And Walk forward, Shuffle forward.**
1,2& Step forward on right (1), Rock (recover) back onto left (2), Step right next to left (&).
3,4& Step forward on left (3), Rock (recover) back onto right (4), Step left next to right (&).
5,6 Step forward on right (5), Step forward on left (6).
7&8 Step forward on right (7), Step left next to right (&), Step forward on right (8).
- 17 – 24** **Rock Step, 1/4 turn & Point, Hold, Hip Bumps, Side Rock & Cross.**
1,2 Step forward on left (1), Rock (recover) back onto right (2).
&3,4 Pivot 1/4 turn left Stepping left to left side (&), Point right toe to right side (3), Hold (4).
5,6 Bump your hips right, left (5,6).
7&8 Step right to right side (7), Rock (recover) back onto left (&), Step right across of left (8).
- 25 – 32** **2x 1/4 Pivot turn, Cross Shuffle, Side Rock, Sailor ½ turn.**
1 Pivot 1/4 turn right Stepping bak on left (1).
2 Pivot 1/4 turn right Stepping right to right side (2).
3&4 Step left across of right (3), Step right to right side (&), Step left across of right (4).
5,6 Step right to right side (5), Rock (recover) back onto left (6).
7&8 Step right behind left (7), Step left to left side (&), Step right across of left (8).
- 33 – 64** **Repeat 1-32 mirror vise. Everything is done the opposite way with the opposite foot.**