

SHAME ON ME

Count: 64. Wall: 2. Level: Easy Intermediate

Choreographer: Rachael McEnaney (UK) June 2012

Music: **Shame On Me** by Ken Mellons (iTunes: (3.07 mins)) Approx 136 bpm

Count In: 8 counts from start of track, dance begins on vocals.

KICK FORWARD, STEP BACK, ROCK BACK, RECOVER, STEP, PIVOT 1/2 RIGHT, WALK, WALK

1-4 Kick R forward, Step R back, Rock L back, Recover onto R [12:00]

5-8 Step L forward, Pivot ½ right, Step L forward, Step R forward [6:00]

KICK, KICK, ROCK BACK, RECOVER, STEP, PIVOT 1/4 RIGHT, CROSS SHUFFLE

1-4 Kick L forward, Kick L forward, Rock L back, Recover onto R [6:00]

5,6 Step L forward, Pivot ¼ right

7&8 Cross L over R, Step R to right, Cross L over R [9:00]

VINE RIGHT, CROSS, ROCK RIGHT, RECOVER, CROSS, CLAP

1-4 Step R to right, Step L behind R, Step R to right, Cross L over R [9:00]

5-8 Rock R to right, Recover onto L, Cross R over L, Clap hands [9:00]

VINE LEFT, CROSS, ROCK LEFT, RECOVER 1/4 RIGHT, WALK, WALK

1-4 Step L to left, Step R behind L, Step L to left, Cross R over L [9:00]

5-8 Rock L to left, Recover ¼ right onto R, Step L forward, Step R forward [12:00]

ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER, KICK, BALL, CHANGE

1,2 Rock L forward, Recover onto R

3&4 Step L back, Step R beside L, Step L back [12:00]

5,6 Rock R back, Recover onto L

7&8 Kick R forward, Step ball of R beside L, Step L beside R [12:00]

ROCK FORWARD, RECOVER, SHUFFLE BACK, TOUCH BACK, UNWIND 1/2 LEFT, STEP, PIVOT 1/2 LEFT

1,2 Rock R forward, Recover onto L

3&4 Step R back, Step L beside R, Step R back [12:00]

5,6 Touch L toe back, Turn ½ left (**weight on L**)

7,8 Step R forward, Pivot ½ left [12:00]

JAZZ BOX, CROSS, ROCK RIGHT WITH HIP SWAYS R-L-R-L

1-4 Cross R over L, Step L back, Step R to right, Cross L over R [12:00]

5-8 Rock R to right swaying hips right, Sway hips left, Sway hips right, Sway hips left [12:00]

SAILOR 1/4 RIGHT, SHUFFLE, STEP, PIVOT 1/2 LEFT, STEP, PIVOT 1/4 LEFT

1&2 Turn ¼ right step R behind L, Step L beside R, Step R forward [3:00]

3&4 Step L forward, Step R beside L, Step L forward [3:00]

5-8 Step R forward, Pivot ½ left, Step R forward, Pivot ¼ left [6:00]

64 REPEAT