



Shameless

Coreographed by: Rita E. Antonsen
Music: Shame On Me, Rachel Proctor.
64 counts, 4 wall, intermediate level line dance
Start dancing on lyrics

STEP, TOGETHER, TWIST, TWIST, 1/4 TURN STEP, POINT, 1/2 MONTEREY, POINT

1-2 Step R forward and to right diagonal, step L beside R
3-4 Twist both heels right, twist both heels back to center

Option for counts 3-4; Double-twists

5-6 Turn 1/4 left and step L forward, point R toes to right side
7-8 1/2 turn right, step R beside L, point L toes to left side

CROSS-SHUFFLE, ROCK-RECOVER, CROSS-SHUFFLE, STEP SIDE, TURN & STEP SIDE

1&2 Cross L over R, step R to side, cross L over R
3-4 Rock R to right side, recover weight to L
5&6 Cross R over L, step L to side, cross R over L
7-8 Step L to left side, turn 1/2 right and step R to right side

STEP, HOLD, STEP, PIVOT, COASTER-STEP, STEP, TOUCH

1-2 Step L forward, hold
3-4 Step R forward, pivot 1/2 to left (*ending with weight on R*)
5&6 Step L back, step R beside L, step L forward
7-8 Step R forward, touch L beside R

STEP BACK, POINT BACK, PIVOT, POINT LEFT, CROSS-SHUFFLE, ROCK 1/4 TURN

1-2 Step back on L, point R toe back
3-4 Pivot 1/2 right ending with weight on R, point L toe to left side
5&6 Cross L over R, step R to side, cross L over R
7-8 Rock R to right side, turning 1/4 right shift weight to L



SHUFFLE BACK, BACK-ROCK-RECOVER, LEFT ROCK-RECOVER, CROSS-SHUFFLE

- 1&2 Step R back, step L beside R, step R back
- 3-4 Rock back on L, recover weight to R
- 5-6 Rock L to left side, recover weight to R
- 7&8 Cross L over R, step R to side, cross L over R

Option for counts 7-8; cross-hold

SWAY X 4, 1/1 TURNING-SHUFFLE, LEFT CHASSE

- 1 Step R to right side and sway hips to right
- 2 Sway hips to left
- 3 Sway hips to right
- 4 Sway hips to left
- 5&6 1/1 turning-shuffle (*backwards, turning right, but travelling left of startin position*), turn ¼ right and step R back, turn ¼ right and step L together, turn ½ right and step R in place
- 7&8 Step L to side, step R beside L, step L to side

ROCK BACK-RECOVER, STEP, ¼ PIVOT, TOE-STRUT X 2

- 1-2 Rock back on R, recover weight to L
- 3-4 Step R forward, ¼ pivot to the left
- 5-6 Touch R toe forward, drop heel
- 7-8 Touch L toeforward, drop heel

TOE, HEEL, COASTER-STEP, TOE, HEEL, COASTER-STEP

- 1 R toe to L instep
- 2 R heel forward (*toes pointing to right diagonal*)
- 3&4 R step back, L together, R step forward
- 5 L toe to R instep
- 6 L heel forward (*toes pointing to left diagonal*)
- 7&8 L step back, R together, L step forward

REPEAT