

Shame On Me

64 Count, 2 Wall, Improver

Choreographer: Rachael McEnaney (UK) June 2012

Choreographed to: 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.

1 – 8 R kick, step back R, rock back L, step L, ½ pivot R, walk LR

1 2 3 4 Kick right foot forward (1), step back on right (2), rock back on left (3), recover weight to right (4) 12.00
5 6 7 8 Step forward on left (5), pivot ½ turn right (6), walk forward on left (7), walk forward on right (8) 6.00

9 - 16 L kick x2, rock back L, step L, ¼ pivot R, L crossing shuffle

1 2 3 4 Kick left foot forward (1), kick left foot forward (2), rock back on left (3), recover weight to right (4) 6.00
5 6 Step forward on left (5), pivot ¼ turn right (6)
7&8 Cross left over right (7), step right to right side (&), cross left over right (8) 9.00

17 - 24 Weave R, R side rock, cross R, clap

1 2 3 4 Step right to right side (1), cross left behind right (2), step right to right side (3), cross left over right (4)
5 6 7 8 Rock right to right side (5), recover weight to left (6), cross right over left (7), clap hands (8) 9.00

25 - 32 Weave L, L side rock with ¼ turn R, walk LR

1 2 3 4 Step left to left side (1), cross right behind left (2), step left to left side (3), cross right over left (4)
5 6 7 8 Rock left to left side (5), recover weight to right as you make ¼ turn right (6),
walk forward on left (7), walk forward on right (8) 12.00

33 - 40 Rock fwd L, L shuffle back, back rock R, R kick ball change

1 2 Rock forward on left (1), recover weight to right (2),
3&4 Step back on left (3), step right next to left (&), step back on left (4) 12.00
5 6 Rock back on right (5), recover weight to left (6),
7&8 Kick right foot forward (7), step in place on ball of right (&), step in place on left (8) 12.00

41 - 48 Rock fwd R, R shuffle back, touch back L, unwind ½ turn L, step fwd R, pivot ½ turn L

1 2 Rock forward on right (1), recover weight to left (2)
3&4 Step back on right (3), step left next to right (&), step back on right (4) 12.00
5 6 Touch left toe back (5), make ½ turn left transferring weight to left foot (6),
7-8 Step forward on right (7), pivot ½ turn left (8) 12.00

49 - 56 R jazz box cross, side rock with hips RLRL

1 2 3 4 Cross right over left (1), step back on left (2), step right to right side (3), cross left over right (4) 12.00
5 6 7 8 Rock right to right side swaying hips right (5), sway hips left (6), sway hips right (7), sway hips left (8)

57 - 64 R sailor with ¼ turn R, L shuffle, step R, ½ pivot L, step R, ¼ pivot L

1 & 2 Cross right behind left starting ¼ turn right (1), complete ¼ turn right stepping left next to right (&),
step forward on right (2) 3.00
3 & 4 Step forward on left (3), step right next to left (&), step forward on left (4) 3.00
5 6 7 8 Step forward on right (5), pivot ½ turn left (6), step forward on right (7), pivot ¼ turn left (8) 6.00