

No Shame

Choreographed by : Shirley & Vic Morris 4-2006

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Description : 32 count Beg./Int. Pattern Partner Circle Dance

Starts in side by side sweetheart position

Music : No Shame by Jeff Bates : CD Leave The Light On

1-8 Walk Forward (x2), 1/4 Turn, Lady's 1/2 Turn

(Man)

1-4 Walk Forward Left, Right, Step LF 1/4 Turn Right, Touch Right Toe next to LF

(man now facing outside line of dance)

5-8 Step in place Right, Left, Right, Touch Left Toe next to RF

(Lady)

1-4 Walk Left, Right, Step LF 1/4 Turn Left, Touch Right Toe next to LF

(lady now facing inside line of dance)

5-8 While making 1/2 Turn Right Step in place Right, Left, Right, Touch Left Toe

Next To RF (lady now facing outside line of dance)

(ARM WORK)

(On count 3 man raises lady right arm over lady's head, on counts 5-6-7-8 man raises lady's Right arm over lady's head,and extend both arms out to sides)

1-8 Vine Left With Lady's Full Turn Left,Cross Step,1/4 Turn,Step, Hook

(Man)

1-4 Step LF to Left, Cross Step RF in front of LF, Step LF to Left, Touch Right Toe next to LF

(man still facing outside line of dance)

(Lady)

1-4 Full Rolling Left Vine, Step LF 1/4 Turn Left, Step RF Forward making 1/2 Turn Left,

Step LF next to RF making 1/4 Turn Left, Touch Right Toe Next to LF

(lady still facing outside line of dance)

(ARM WORK)

(On counts 1-2-3-4 man releases lady's left hand, rise right arm over lady's head, rejoin left hands at lady's shoulder)

(Both)

5-8 Cross RF Over LF, making 1/4 Turn Right step back on LF, Step RF back, Hook LF over RF

(both now facing rear line of dance)

1-8 Shuffle, 1/2 Pivot, Shuffle, Walk (x2)

(Both)

1&2 Left Shuffle Forward L,R,L,

3-4 Step RF Forward, Pivot 1/2 Turn Left, (weight on LF)

(both now facing line of dance)

5&6 Right Shuffle Forward R, L, R,

7-8 Walk Forward Left, Right

1-8 1/2 Pivot, 1/2 Pivot, Cross, Point, Cross, Point

(Both)

1-2 Step LF Forward, Pivot 1/2 Turn Right, (weight on RF)

3-4 Step LF Forward, Pivot 1/2 Turn Right, (weight on RF)

5-6 Cross LF Over RF, Touch RF to Right

7-8 Cross RF Over LF, Touch LF to Left

(ARM WORK)

(on counts 1-2-3 Drop Left Hands, Raise Right Hands, Rejoin Hands on count 4,

You are now in Sweetheart Position)

START OVER & HAVE FUN !!!!!!!