

Not Ashamed

32 count, 4 wall, intermediate level

Choreographer: Zac Detweiller (USA) April 2005
Choreographed to: No Shame by Jeff Bates, Album:
Leave The Light On; Love Is Strange by Mickey And
Sylvia, Dirty Dancing Soundtrack

Intro:32cts for both songs

SIDE LEFT, RIGHT BACK ROCK, TAP, STEP, RIGHT FWD TRIPLE, ROCK, RETURN, 1/1/2 FWD TRIPLE

- 1-2 Step left to side, rock right behind left
- &3 Tap left to next to right toe, step left down
- 4&5 Step right forward, step left next to right, step right forward
- 6-7 Rock forward left, return right
- 8&1 Turning 1/2 left step left forward, turning 1/2 left step right back, turning 1/2 step left forward

1/4 LEFT SIDE ROCK, RETURN, WEAVE LEFT, LEFT SIDE ROCK, RETURN, CROSS, 1/4 RIGHT STEP, 1/4 RIGHT SLIDE

- 2-3 Turning 1/4 left rock right to side, return left
- 4&5 Step right behind left, step left to side, cross right over left
- 6-7 Rock left to side, return right
- 8&1 Cross left over right, step right 1/4 right, turning 1/4 right make a large step left to side

RIGHT DRAG, RIGHT BALL CROSS, RIGHT KICK BALL CROSS, RIGHT SIDE POINT, FULL SYNCOPATED MONTEREY, LEFT SIDE POINT

- 2 Drag right towards left
- &3 Step ball of right next to left, cross left over right
- 4&5 Kick right (45°) to right, step right next to left, cross left over right
- 6-7 Point right to side, Hold
- 8&1 Make a full turn right, step right next to left, point left to side

SYNCOPATED JAZZ, RIGHT CROSS TRIPLE, 1/2 RIGHT TURN, SIDE, TOGETHER

- 2&3 Cross left over right, step right back, step left to side
- 4&5 Cross right over left, step left to side, cross right over left
- 6-7 Turning 1/4 right step left back, turning 1/4 right step right forward
- 8& Step left to side, step right next to left