

Shame

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 Website: <http://simpsonchoreo.blogspot.com/>
 Music: "Shame," Elle King. **Shake The Spirit**, Track 3. Also Available as .mp3 on
 Amazon (and probably on iTunes).
 Preview music on YouTube:
<https://www.youtube.com/watch?v=68c6ODOjS2M> [Extended live
 performance]
 Amazon Music download link: https://www.amazon.com/Shake-Spirit-Elle-King/dp/B07G2WPDLL/ref=sr_1_1?keywords=shake+the+spirit+cd&qid=1576518277&s=music&sr=1-1
 Time: 2:39 @ 100% speed
 Footwork: Opposite (Woman's footwork opposite, *except as noted in parentheses*)
 Rhythm/Phase: Cha Cha / Rumba Phase IV+1 [Cuddle] +1 [Ronde Box]
 Degree of difficulty: Average
 Sequence: Intro – A – B – C – Bridge – A – B – C – D – C [Mod] – C – End

INTRO**1-2 WAIT ; ;**

1-2 BFLY fcg WALL ld ft free wait 2 meas ; ;

3-6 CHASE ; ; ; ;

3 Fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L (*W Bk R, rec L, fwd R/cl L, fwd R*) ;
 4 Fwd R trn LF 1/2, rec fwd L, fwd R/cl L, fwd R (*W Fwd L trn RF 1/2, rec fwd R, fwd L/cl R, fwd L*) ;
 5 Fwd L, rec R, bk L/cl R, bk L (*W Fwd R trn LF 1/2, rec fwd L, fwd R/cl L, fwd R*) ;
 6 Bk R, rec L, fwd R/cl L, fwd R (*W Fwd L, rec R, bk L/cl R, bk L*) to BFLY WALL ;

PART A**1-4 HALF BASIC ; FAN ; ALEMANA TO CP ; ;**

1 {**1/2 Bas**} Fwd L, rec R, sd L/cl R, sd L ;
 2 {**Fan**} Bk R, rec L, sd R/cl L, sd R (*W Fwd L, sd & bk R trng 1/4 LF, bk L/lk Rif, bk L leaving R ft extended fwd w/no wgt*) ;
 3-4 {**Alemana**} Fwd L, rec R, sd L/cl R, sd L ldg W to trn RF (*W Cl R, fwd L, fwd R/fwd L, fwd R commence RF swvl to fc ptr*) ; Bk R, rec L, sd R/cl L, sd R (*W Cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L*) to CP ;

5-8 CUDDLE TWICE ; ; SHOULDER TO SHOULDER TWICE ; ;

5 {**Cuddle**} Sd & slightly fwd L, rec R, cl L/sip R, sip L (*W trng 1/2 RF bk R, rec L, trng 1/2 LF fwd R/cl L, sd R*) ;
 6 {**Cuddle**} Sd & slightly fwd R, rec L, cl R/sip L, sip R (*W trng 1/2 RF bk L, rec R, trng 1/2 RF fwd L/cl R, sd L*) ;
 7 {**Shldr to Shldr**} Fwd L to BFLY SCAR, rec R to fc ptr, sd L/cl R, sd L ;
 8 {**Shldr to Shldr**} Fwd R to BFLY BJO, rec L to fc ptr, sd R/cl L, sd R ;

PART B [RUMBA]**1-4 RONDE BOX TWICE ; ; ; ;**

1-2 {**Ronde Box**} Ronde CW XLIF, sd R, bk L, -; Ronde CW Rib, sd L, fwd R, -;
 3-4 {**Ronde Box**} Ronde CW XLIF, sd R, bk L, -; Ronde CW Rib, sd L, fwd R, -;

PART C**1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;**

- 1234 1 {NY in 4} Swvlg RF on R ft thru L to RLOD, rec R swvlg LF on R ft to fc ptr, sd L, rec R to BFLY ;
 2 {NY} Swvlg RF on R ft thru L to RLOD, rec R swvlg LF on R ft to fc ptr, sd L/cl R, sd L to BFLY ;
 3 {Fnc Line} To LOD XLun R thru w/ bent knee, rec L to fc ptr, sd R/cl L, sd R ;
 4 {Fnc Line} To RLOD XLun L thru w/ bent knee, rec R to fc ptr, sd L/cl R, sd L ;

5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

- 1234 5 {NY in 4} Swvlg LF on L ft thru R to LOD, rec L swvlg RF on L ft to fc ptr, sd R, rec L to BFLY ;
 6 {NY} Swvlg LF on L ft thru R to LOD, rec L swvlg RF on L ft to fc ptr, sd R/cl L, sd R to BFLY ;
 7 {Fnc Line} To RLOD XLun L thru w/ bent knee, rec R to fc ptr, sd L/cl R, sd L ;
 8 {Fnc Line} To LOD XLun R thru w/ bent knee, rec L to fc ptr, sd R/cl L, sd R ;

BRIDGE**1-2 CRAB WALKS ; ;**

- 1-2 {Crb Wks} XLif, sd R, XLif/sd R, XLif ; Sd R, XLif, sd R/cl L, sd R ;

REPEAT PART A**1-4 HALF BASIC ; FAN ; ALEMANA TO CP ; ;****5-8 CUDDLES TWICE ; ; SHOULDER TO SHOULDER TWICE ; ;****REPEAT PART B [RUMBA]****1-4 RONDE BOX TWICE ; ; ; ;****REPEAT PART C****1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;****5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;****PART D (RUMBA)****1-4 CHASE WITH UNDERARM PASS ; ; THRU SERPIENTE ; ;**

- 1 {Chs w/Undrm Pass} Fwd L commence 1/2 RF trn to COH keeping ld hnds jnd, rec fwd R, fwd L, - (W Bk R keeping ld hnds jnd, rec L, fwd R twd M's L sd, -) ;
 2 Bk R raising jnd ld hnds, rec L, sd R, - (W Fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L, -) ;
 3-4 {Thru Serp} Thru L, sd R, bhd L, fan R CW ; Bhd R, sd L, thru R, fan L CW ;

5-8 CHASE WITH UNDERARM PASS ; ; THRU SERPIENTE ; ;

- 5 {Chs w/Undrm Pass} Fwd L commence 1/2 RF trn to WALL keeping ld hnds jnd, rec fwd R, fwd L, - (W Bk R keeping ld hnds jnd, rec L, fwd R twd M's L sd, -) ;
 6 Bk R raising jnd ld hnds, rec L, sd R, - (W Fwd L, fwd R trng 1/2 LF undr jnd ld hnds to fc ptr, sd L, -) ;
 7-8 {Thru Serp} Thru L, sd R, bhd L, fan R CW ; Bhd R, sd L, thru R, fan L CW to low BFLY ;

9-10 HIP ROCKS TWICE ; ;

- 9 {Hip Rk} Rk sd L rolling hip sd & bk, rk sd R rolling hip sd & bk, rk sd L rolling hip sd & bk, - ;
 10 {Hip Rk} Rk sd R rolling hip sd & bk, rk sd L rolling hip sd & bk, rk sd R rolling hip sd & bk, - ;

REPEAT PART C [MOD meas 8]**1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;****5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE ; SIDE RIGHT HOLD ;**

- 8 {Sd R HOLD} Sd R, hold 3 beats - ;

REPEAT PART C**1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;****5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;****END****1-4 HALF BASIC ; FAN ; ALEMANA TO CUDDLE POS & HOLD ; ;**

- 1-4 Repeat Part A, 1-4, finishing in Cuddle Pos

QUICK CUES**Shame**

Sequence: Intro – A – B – C – Bridge – A – B – C – D – C [Mod] – C – End

INTRO

1-2 WAIT ; ;

3-6 CHASE ; ; ; ;

PART A

1-4 HALF BASIC ; FAN ; ALEMANA TO CP ; ;

5-8 CUDDLES TWICE ; ; SHOULDER TO SHOULDER TWICE ; ;

PART B [RUMBA]

1-4 RONDE BOX TWICE ; ; ; ;

PART C

1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

BRIDGE

1-2 CRAB WALKS ; ;

REPEAT PART A

1-4 HALF BASIC ; FAN ; ALEMANA TO CP ; ;

5-8 CUDDLES TWICE ; ; SHOULDER TO SHOULDER TWICE ; ;

REPEAT PART B [RUMBA]

1-4 RONDE BOX TWICE ; ; ; ;

REPEAT PART C

1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

PART D (RUMBA)

1-4 CHASE WITH UNDERARM PASS ; ; THRU SERPIENTE ; ;

5-8 CHASE WITH UNDERARM PASS ; ; THRU SERPIENTE ; ;

9-10 HIP ROCKS TWICE ; ;

REPEAT PART C [MOD meas 8]

1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE ; SIDE RIGHT HOLD ;

8 {Sd R HOLD} Sd R, hold 3 beats -;

REPEAT PART C

1-4 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

5-8 NEW YORKER IN 4 ; NEW YORKER ; FENCE LINE TWICE ; ;

END

1-4 HALF BASIC ; FAN ; ALEMANA TO CUDDLE POS & HOLD ; ;