

Walk Of Shame

Song: I'm Going Home, By Hedegaard feat. Nahiba & Patrick Dorgan

Album: I'm Going Home (Single) available on iTunes

Choreographed By: Simon Ward AU & Niels Poulsen DK, June 16

Step Description: 1 Wall Intermediate Sequenced A (Cha Cha) B (Samba) Linedance,

Sequence: A, TAG, B, B with Restart, A, B, TAG, B, A, B, B

Dance Starts on Vocals. Ending is the "Walk Of Shame" (see notes below)

Beats Steps

A : Cha Cha – 32 Counts

1-9 L side, Rock R back to 1.30, Recover L, R lock/step fwd, Rock L fwd, Recover R, L lock/step back

1-3 Step left to left side, Turn 1/8 turn right rock/stepping right back, Recover weight onto left 1.30

4&5 Step right forward, Lock/step left behind right, Step right forward 1.30

6-7 Rock/step left forward, recover weight onto right 1.30

8&1 Step left back, Step back on right cross/stepping over left, Step left back 1.30

10-17 Full turn back R with sweep, R sailor step, Cross L, Point R, R samba step

2-3 Turn 1/2 right stepping right forward, Turn a further 1/2 turn right stepping left back sweeping right back 1.30

4&5 Step right behind left, Step left slightly to left, Recover weight onto right 1.30 (*sailor step*)

6-7 Cross/step left over right, Point right toe to right side squaring up to 12:00

8&1 Cross/step right over left, Step left to left side, Recover weight onto right 12.00 (*samba step*)

18-25 Cross L, 1/4 L back R, L lock/step back, Rock R back, Recover L, R lock/step fwd

2-3 Cross/step left over right, Turn 1/4 L stepping back on R 9.00

4&5 Step left back, Step right back cross/stepping over left, Step left back 9.00

6-7 Rock/step right back, Recover weight onto left 9.00

8&1 Step right forward, Lock/step left behind right, Step right forward 9.00

26-32 L fwd, Pivot 1/2 turn R, 1/2 turn R, Further 1/4 turn R stomping R, Hold, Stomp L, Hold

2-3 Step left forward, Pivot 1/2 turn right taking weight onto right 3.00

4 Turn 1/2 turn right stepping left back 9.00

5-8 Turn a further 1/4 turn right stomping right to ride side, Hold, Stomp left to left side, Hold 12.00

B: Samba – 32 counts

1-8 Samba 1/2 diamond, R jazz-box to 6.00, L behind R, R side, Cross/step L over R

1&2 Cross/step right over left, Step left slightly to left, Turn 1/8 right stepping right back 1.30

3&4 Step left behind right, Step right to right turning 1/4 turn right 4.30, Step left forward 4.30

5&6 Cross/step right over left, step left back to left side 1/8 right, Step right slightly to right sweeping left to left side 6.00

7&8 Step left behind right, Step right to right side, Cross/step left over right 6.00

9-16 R samba whisk, L samba whisk, R full turn volta (lock step)

1&2 Step right to right side, Rock/step left behind right, Recover weight onto right 6.00

3&4 Step left to left side, Rock/step right behind left, recover weight onto left 6.00

5&6&8 Step right slightly forward to 7.30, Lock/step left behind turning 1/8 turn right, Step right slightly forward turning 1/8 turn right, Lock/step left behind turning 1/8 turn right

7&8 Step right slightly forward turning 1/8 turn right, Lock/step left behind turning 1/8 turn right, Step right slightly forward to 6.00 (*counts 5-8 is lock/step turning a full turn right, keep circle tight*)

RESTART – The 2nd time you dance "B" you will restart here though only make 1/2 turn circle to 12.00

17-24 Bounce L fwd, Point L back, Shuffle fwd L, Bounce R fwd, Point R toe to R, ½ R sailor step

- 1&2 Bounce left foot forward, Recover back on right, Point left toe back 6.00
3&4 Step left forward, Step right beside left, Step left forward (*shuffle fwd*) 6.00
5&6 Bounce right foot forward, Recover back on left, Point right toe to right side 6.00
7&8 Step right behind left, Step onto left turning ¼ turn right, turn a further ¼ turn right stepping right to right side 12.00 (*½ turn sailor step*)

25-32 Cross L samba, Cross R samba, L vaudeville step, R kick ball change

- 1&2 Cross/step left over right, step right slightly to right side, Recover weight onto left (*samba step*)
3&4 Cross/step right over left, step left slightly to left side, Recover weight onto right (*samba step*)
5&6& Cross/step left over right, Step right slightly to right, Touch left heel to left diagonal, Step weight onto left (*vaudeville step*)
7&8 Kick right across left, Step weight onto ball of right foot, Step left beside right (*kick ball change*)

RESTART

Note: On the 4th round of section “B” finish section with a L touch (Kick ball touch) as “A” begins on left.

TAG: At end of dancing “A” the 1st time and “B” the 3rd time you will do the following 4 counts. (Samba Box)

- 1&2 Cross/step right over left, Step left back, Step right slightly to right sweeping left to left side
3&4 Step left behind right, Step right to right, Step left slightly forward

Note: You will always start with section B after tag.

Ending – “Walk Of Shame”, At the end of the Samba, Step forward right, pivot to the back wall and walk quickly with your head down and your hand covering the right side of face like your embarrassed walking home after a big night out 😊

The step description and phrasing of this dance is quite detailed and can be off putting. Don't let that deter you. Once you listen to the song a few times you will easily read what is coming next. We have tried to make the steps as doable as possible though interesting at the same time. Take a moment to phrase the song, which will help you understand the sequence. The difference in dance rhythms will also assist you in identifying what is coming next. Enjoy and don't forget to use your hips in the cha cha and the bounce feel in the samba.