She Pulled Me Out Of The Shadows



Count: 64 Wand: 4 Ebene: Intermediate

Choreograf/in: Michael Greasby (UK) - May 2020

Musik: Coming Out of the Shadows - Chris Raddings



1-2 3&4	Walk forward right & left, right shuffle forward
5-6 7&8	Rock forward on left foot & recover weight onto right foot & left coaster step back (12)
1-2 3-4	Step right forward paddle ¼ quarter left, step right forward paddle ¼ quarter left
5-6 7-8	Right jazz box in place finishing jazz box with a left toe-touch next to right (6)
1-2 3&4	Walk forward left & right & left shuffle forward
5-6 7&8	Rock forward onto right & recover weight onto left foot & right coaster step back (6)
1-2 3&4	Cross left over right foot, step right foot back, shuffle ½ over left shoulder
5-6 7-8	Step forward on right ¼ paddle left, step right forward paddle ½ to left (3)
1-2 3-4	Monterey ¼ to the right, point quarter point left toe out bring left to beside right foot
5-6 7-8	Monterey ¼ to the right, point quarter point left toe out bring left to (9)
1-2 3&4	Walk back right & left & right lock step back (9)
5-6 7&8	Rock left foot back & recover onto right foot, & left shuffle forward (9)
1-2-3&4	Rock out to right & recover onto left foot, triple reverse full turn over right shoulder
5-6-7&8	Rock out onto left & recover onto right foot, triple reverse full turn over left shoulder
1-2-3&4	Rock right forward & recover onto left, shuffle ½ over right shoulder (3)
5-6-7&8	Rock left foot forward & recover onto right, into a left coaster step back (3)

Choreographers Notes, if you don't like reverse full turns in section (7), do triple steps in place Restart 1: When you start the back wall on Wall 3, dance up to Section 3, replace last step to a coaster touch. Start the dance at the front on Wall 4.

Restart 2: Dance through the break in music up to Wall 7 facing 9pm, dance to Section 7, restart facing back wall,

Ending When you start Wall 9 at the 9pm wall, dance up to Section 4, drop Section 5, do Section 6 to finish at the front on a right step forward Enjoy!!

Written on 1st May 2020