

# Shadowland

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Terry Mchugh (UK)

Musik: In the Shadows - The Rasmus



## **TWO RIGHT HEEL DIGS, COASTER STEP, 2 LEFT HEEL DIGS, COASTER STEP**

- 1-2 Dig right heel forward twice  
3&4 Step back on right, step left beside right, step forward on right  
5-6 Dig left heel forward twice  
7&8 Step back on left, step right beside left, step forward on left

## **RIGHT & LEFT ROCKS, SYNCOPATED WEAVE LEFT, LEFT & RIGHT ROCKS SYNCOPATED WEAVE RIGHT**

- 1-2 Rock on to right foot, rock back on to left  
3&4 Step right behind left, step left to left side, cross right over left  
5-6 Rock on to left, rock back on to right  
7&8 Step left behind right, step right to right side, cross left over right

## **WALK RIGHT, LEFT, RIGHT SAILOR STEP, WALK LEFT, RIGHT, LEFT SAILOR STEP**

- 1-2 Walk forward on right, walk forward on left  
3&4 Step right behind left, step left beside right, step right in place  
5-6 Walk forward on left, walk forward on right  
7&8 Step left behind right, step right beside left, step left in place

## **STEP FORWARD ON RIGHT, ¼ TURN LEFT, LEFT COASTER STEP, FOUR HEEL DIGS RIGHT, LEFT, RIGHT, LEFT**

- 1-2 Step forward on right, on heel of right & ball of left, turn ¼ left  
3&4 Step back on left, step right beside left, step forward on left  
5&6 Step forward on right heel, step right beside left step forward on left heel  
&7&8 Step left beside right, step forward on right heel, step right beside left, step forward on left heel

## **EXTENDED CROSS SHUFFLE LEFT, EXTENDED CROSS SHUFFLE RIGHT**

- 1&2 Cross right over left, step left behind right, step right across left (throughout this section, keep facing forward)  
&3&4 Step left behind right, step right across left, step left behind right, step right across left  
5&6 Step left across right, step right behind left, step left across right  
&7&8 Step right behind left, step left across right, step right behind left, step left across right

## **STEP TO RIGHT SIDE, ¼ TURN LEFT WITH FRONT TAP, SAILOR STEP FORWARD ROCK, TWO STEPS BACK**

- 1-2 Step right to right side with ¼ turn left, tap left toe in front of right  
3&4 Step left behind right step right beside left, step left in place  
5-6 Rock forward on right, rock back on left  
7-8 Step back on right & left with heel swivels

## **ROCK FORWARD, ROCK BACK, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ¾ TURN RIGHT, TWO HEEL JACK**

- 1-2 Rock forward on right, rock back on  
3&4 Shuffle forward right, left, right  
5-6 Cross left over right, make ¾ turn right

7&8& Step forward on right heel, step right beside left, step forward on left heel, step left beside right

**TWO ½ TURNS LEFT, FOUR SKATE STEPS**

1-2 Step forward on right, turn ½ left

3-4 Step forward on right, turn ½ left

5-8 Four skate steps forward, right, left, right, left

**REPEAT**

**TAG**

At the end of section four on wall five hold for two counts until music starts again

**RESTART**

At end of section four on wall six (last wall) start again from the beginning

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