

# Shadowland

Count: 64

Wall: 4

Level: Improver

Choreographer: Terry Mchugh (UK)

Music: 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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