

# Shadowlands

**COPPER** **KNOB**  
BY STEPHEN HETS

**Count:** 32

**Wall:** 4

**Level:** Improver / Easy Intermediate

**Choreographer:** Gaye Teather (UK) - June 2014

**Music:** You're in the Shadow of My Mind - Chris Raddings : (CD: Coming Out of The Shadows)



(94/188 bpm. – dance written as 94 bpm.)

Track available as a single FREE download from [www.upcountrymagazine.co.uk](http://www.upcountrymagazine.co.uk)

16 count intro - Dance rotates in CW direction

**Walk forward x 2. Forward Mambo step. Walk back x 2. Quarter turn Left behind-side-cross**

1 – 2 Walk forward Right. Left  
3&4 Rock forward on Right. Recover onto Left. Step back on Right  
5 – 6 Walk back Left. Right  
7&8 Quarter turn Left crossing Left behind Right. Step Right to Right side. Cross Left over Right (Facing 9 o'clock)

**Right side rock & cross. Left side rock & cross. Quarter turn Right lock step x 3. Step forward**

1&2 Rock Right to Right side. Recover onto Left. Cross Right over Left  
3&4 Rock Left to Left side. Recover onto Right. Cross Left over Right  
5& Quarter turn Right stepping forward on Right. Lock Left behind Right  
6& Quarter turn Right stepping forward on Right. Lock Left behind Right  
7& Quarter turn Right stepping forward on Right. Lock Left behind Right (Facing 6 o'clock)  
8 Step forward on Right

**Forward Mambo step. Coaster cross. Syncopated Rumba box**

1&2 Rock forward on Left. Recover onto Right. Step back on Left  
3&4 Step back on Right. Step Left beside Right. Cross Right over Left  
5&6 Step Left to Left side. Step Right beside Left. Step forward on Left  
7&8 Step Right to Right side. Step Left beside Right. Step back on Right

**Quarter turn Left side rock. Left cross & heel & Right cross & heel. Together. Forward lock step**

1 – 2 Quarter turn Left rocking Left out to Left side. Recover onto Right (Facing 3 o'clock)  
3&4 Cross Left over Right. Small step to Right on Right. Touch Left heel diagonally forward Left  
& Step Left beside Right  
5&6 Cross Right over Left. Small step to Left on Left. Touch Right heel diagonally forward Right  
& Step Right beside Left  
7&8 Step forward on Left. Lock Right behind Left. Step forward on Left

**Start again**