

Me And My Shadow

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Irene Groundwater (CAN)

Musique: Me And My Shadow - Frank Sinatra



Sequence: 16 count intro, 32, 16, Counts 25-32, 32, 32, 32, 32, 16, 25-32

SIDE, HOLD, CROSS, HOLD, SIDE, CROSS, SIDE, HOLD

- 1-2-3-4 Pivot 1/8 turn left on left ball as you side step right, hold, cross left over right, hold
5-6 Side step right, cross left over right
7-8 Side step right, hold

Option: on counts 1-8, body faces diagonal forward to the left

Option: on counts 1, 5, and 7, right hand crosses in front of body to left) option: on counts 3 and 6, left hand crosses in front of body to right

¼ TURN RIGHT, HOLD, CROSS, HOLD, SIDE, CROSS, SIDE, HOLD

- 1-2 Pivot ¼ turn right on right ball as you side step left, hold
3-4 Cross right over left, hold
5-6 Side step left, cross right over left
7-8 Side step left, hold

Option: on counts 1-8, body faces diagonal forward to the right

Option: on counts 1, 5 and 7, left hand crosses in front of body to right

Option: on count 3 and 6, right hand crosses in front of body to left

DIAGONAL FORWARD, DRAG, DRAG, TAP, DIAGONAL FORWARD, DRAG, DRAG, TOGETHER

- 1 Step right large step diagonal forward
Arms outstretched, right points to ceiling, left points to floor
2 Drag left towards right
3-4 Drag left to right, tap left toe beside right instep (drop arms)
5 Step left large step diagonal forward

Arms outstretched, left points to ceiling, right points to floor

- 6 Drag right towards left
7-8 Drag right towards left, step right beside left

Option: on counts 1-4, look down to the floor on the left side to see your shadow

Option: on counts 5-7, look down to the floor on the right side to see your shadow

Option: on count 8, look forward

Option: on count 7, stomp right beside left, on count 8, hold

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FORWARD, ½ TURN LEFT

- 1-2 Cross left over right, side step right
3-4 Left behind right, sweep right ball in arc on floor (forward then to right)
5-6 Right behind left, side step left
7-8 Right forward, pivot ½ turn left onto left

Option: on counts 1-3, body faces diagonal forward to the right

Option: on count 4, extend both arms out waist high to the sides

Option: on counts 5 and 6, body faces diagonal forward to the left

Option: on count 7, extend right arm forward

Option: on count 8, extend left arm forward

REPEAT