

# 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**