

# Shadow Waltz (L/P)

Compte: 48

Mur: 4

Niveau: Improver line/partner dance

Chorégraphe: Mike Repko (USA)

Musique: Their Hearts Are Dancing - The Forester Sisters



**Position:** The man is standing to the left side of the lady slightly back behind her. Right Side By Side Sweetheart Position

The steps are the same for line or partner dance. To do line dance just omit hands.

## BASIC FORWARD, BASIC REVERSE

- 1 Step forward left
- 2 Step forward right beside left
- 3 Step left in place beside right
- 4 Step back right
- 5 Step back left beside right
- 6 Step right in place beside left

## FORWARD DIAGONAL, TOE TOUCH & HOLD

- 7 Facing forward, cross step left over right
- 8 Touch right toe out to left side
- 9 Hold

## REVERSE DIAGONAL, TOE TOUCH & HOLD

- 10 Facing forward, cross step right behind left
- 11 Touch left toe out to left side
- 12 Hold

## REVERSE BASIC WITH ¼ TURN CROSS STEP ¼ TURN

When making the ¼ turn man drops lady's left hand then picks up the left hand after the last ¼ turn ending up in left side by side sweetheart position.

- 13 Step back left
- 14 Step back right
- 15 Step back left turning ¼ turn to left
- 16 Cross step right over left
- 17 Step to left side with left turning ¼ turn to left
- 18 Step right slightly forward of left

## CROSS STEP RIGHT & LEFT

- 19 Facing forward, cross step left over right
- 20 Step to right side with right
- 21 Shift weight back to left
- 22 Facing forward, cross step right over left
- 23 Step to left side with left
- 24 Shift weight back to right

## CROSS STEPS WITH ¼ TURN LEFT

When doing the ¼ turn the man steps up beside the lady to go back in to right side by side sweetheart position maintaining hand holds.

- 23 Facing forward, shift weight to left
- 26 Cross step right behind left
- 27 Step left to left side
- 28 Cross step right in front of left

- 29 Step to left side with left turning  $\frac{1}{4}$  turn to left  
30 Step slightly forward of left with right

### **REVERSE $\frac{1}{4}$ TURN WITH CROSS STEPS**

When doing  $\frac{1}{4}$  turn back man turns to follow lady maintaining hand holds ending up in right side by side sweetheart position. The rest of the dance is done in this position.

- 31 Step backwards with left  
32 Step back with right turning  $\frac{1}{4}$  turn to right  
33 Cross step left over right  
34 Step right to right side  
35 Cross step left behind right  
36 Step right to right side

### **RIGHT & LEFT LUNGES**

- 37 Facing forward, step left over right at a 45 degree angle  
38 Shift weight back to right  
39 Step to left side with left  
40 Facing forward, step right over left at a 45 degree angle  
41 Shift weight back to left  
42 Step to right side with right

### **CROSS STEP RIGHT & LEFT**

- 43 Facing forward, cross step left over right  
44 Step to right side with right  
45 Shift weight back to left  
46 Facing forward, cross step right over left  
47 Step to left side with left  
48 Shift weight back to right

### **REPEAT**

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