

# Shadows

拍数: 32      墙数: 2      级数: Improver  
编舞者: Darren Martin (UK) - April 2020  
音乐: You're in the Shadow of My Mind - Chris Raddings : (CD: Coming out of the Shadows)



---

## Section 1: Rock Right, Recover, Cross Right over Left, Step Left touch right, Right touch Left, Rock Left, Recover, Cross Left over Right, 1/4 Monterey Right

1&2      Rock Right to right Side, Recover, Cross Right in front of Left  
3&4      Step Left touch Right Toe to Left ,  
5&6      Rock Left, Recover, Cross Left in front of Right  
7&8      Point Right to Right Side, Turn Quarter Right, Point Left to Left Side

## Section 2: Crossing shuffles slightly Back Left over Right, Right over Left, Rock Left Back & Forward, Hold. Walk Forward Right, Left

1&2      Cross Step Left over Right, Step Back Right, Step Back Left  
3&4      Cross Step Right over Left, Step Back Left, Step Back Right  
5&6      Rock Left Back, Recover, Step Forward Left  
7&8      Walk Forward Right, Left

## Section 3: Step Right, Touch Left, Step Left. Right Behind Left, Step Left, Cross Right in front of left. Rock Step Left to Left side, recover 1/4 Turn Right, Step Forward Left, scuff, Step Right, Swivel Heels

1&2      Step Right to Right Side, Touch Left Toe to Right Foot, Step Left to Left Side  
3&4      Step Right Behind Left, Step Left to Left Side, Cross Step Right over Left  
5&6&      Rock Left to Left Side, Recover turning 1/4 Right, Step Forward Left, Brush Right Forward.  
7&8      Step Right to side of left, Swivel both heels Right and Return to Centre

## Section 4: Right Rumba Box. Right Lock Step Backwards, Left Coaster Cross

1&2      Step Right to Right Side, Step Left next to Right, Step Forward Right, Hold  
3&4      Step Left to Left Side, Step Right Next to Left, Step Back Left Hold  
5&6      Step Back Right, Cross Step Left in front Right, Step Back Right  
7&8      Step Back Left, Step Right to Side of Left, Cross Step Left in Front of Right

End

This Dance is in Memory of Margaret who will be greatly missed by everyone who knew her.  
Many Thanks to all the members of The Crookedline Club for all the Happy Memories over many years and hopefully a few more yet to come.  
Contact [dancerdaz1974@gmail.com](mailto:dancerdaz1974@gmail.com)

---