

She Pulled Me Out Of The Shadows

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Michael Greasby (UK) - May 2020
音乐: Coming Out of the Shadows - Chris Raddings



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| 1-2 3&4 | Walk forward right & left, right shuffle forward |
| 5-6 7&8 | Rock forward on left foot & recover weight onto right foot & left coaster step back (12) |
| 1-2 3-4 | Step right forward paddle $\frac{1}{4}$ quarter left, step right forward paddle $\frac{1}{4}$ quarter left |
| 5-6 7-8 | Right jazz box in place finishing jazz box with a left toe-touch next to right (6) |
| 1-2 3&4 | Walk forward left & right & left shuffle forward |
| 5-6 7&8 | Rock forward onto right & recover weight onto left foot & right coaster step back (6) |
| 1-2 3&4 | Cross left over right foot, step right foot back, shuffle $\frac{1}{2}$ over left shoulder |
| 5-6 7-8 | Step forward on right $\frac{1}{4}$ paddle left, step right forward paddle $\frac{1}{2}$ to left (3) |
| 1-2 3-4 | Monterey $\frac{1}{4}$ to the right, point quarter point left toe out bring left to beside right foot |
| 5-6 7-8 | Monterey $\frac{1}{4}$ to the right, point quarter point left toe out bring left to (9) |
| 1-2 3&4 | Walk back right & left & right lock step back (9) |
| 5-6 7&8 | Rock left foot back & recover onto right foot, & left shuffle forward (9) |
| 1-2-3&4 | Rock out to right & recover onto left foot, triple reverse full turn over right shoulder |
| 5-6-7&8 | Rock out onto left & recover onto right foot, triple reverse full turn over left shoulder |
| 1-2-3&4 | Rock right forward & recover onto left, shuffle $\frac{1}{2}$ over right shoulder (3) |
| 5-6-7&8 | Rock left foot forward & recover onto right, into a left coaster step back (3) |

Choreographers Notes, if you don't like reverse full turns in section (7), do triple steps in place

Restart 1: When you start the back wall on Wall 3, dance up to Section 3, replace last step to a coaster touch. Start the dance at the front on Wall 4.

Restart 2: Dance through the break in music up to Wall 7 facing 9pm, dance to Section 7, restart facing back wall,

**Ending When you start Wall 9 at the 9pm wall, dance up to Section 4, drop Section 5, do Section 6 to finish at the front on a right step forward
Enjoy!!**

Written on 1st May 2020