

Shadow Ends

拍数: 60 墙数: 2 级数: Phrased Advanced
编舞者: Adam Åstmar (SWE) - January 2021
音乐: Where the Shadow Ends - BANNERS & Young Bombs



Intro: 16 counts, approx. 19 seconds, starting on the word "rising".

Count: A - 28 counts, B - 16 counts, C - 16 counts.

Sequence: A - A - B - B - C - C - A - B - B - C - C - B - B - C - C - B

Sect - A1: Nightclub Basic R. 5/8 Spiral Turn R. Step Fwd. Rock Fwd. Recover /w Small Sweep. Sweep.

- 1 - 2 & (1) Take a big step to the right on RF. (2) Close LF next to RF. (&) Cross RF over LF.
- 3 - 4 (3) Make a spiral 5/8 turn to the right on LF. (4) Step forward on RF. {7:30}
- 5 - 6 (5) Rock forward on LF. (6) Recover on RF, making a small sweep with LF from front to back.
- 7 (7) Step back on LF, sweeping RF from front to back.

Sect - A2: Behind-Side-Cross. Side Rock. Cross. 1/2 Hitch Turn L. Step /w Sway. Sway. 3/8 Turn L.

- 1 & 2 & (1) Step RF behind LF. (&) Step to the left on LF. (2) Cross RF over LF. (&) Rock to the left on LF.
- 3 & 4 (3) Recover on RF. (&) Cross LF over RF. (4) Step to the right on RF, hitching L knee and turning 1/2 to the left. {1:30}
- 5 - 6 (5) Step to the left on LF, swaying to the left. (6) Sway to the right.
- 7 (7) Turn 3/8 to the left, placing weight on LF and dragging RF from the side next to LF. {9:00}

Sect - A3: Rock Fwd Lifting R Hand. Ball. Back-Touch-Step. Step 1/2 Turn R. Full Spiral Turn R.

- 1 - 2 & (1) Rock forward on RF, stretching R hand forward and lifting it slowly. (2) Recover on LF, finishing lifting R hand.
(&) Step slightly back on R.
- 3 & 4 (3) Step back on LF. (&) Touch R toe across LF. (4) Step forward on RF.
- 5 - 6 (5) Step forward on LF. (6) Turn 1/2 to the right, placing weight on RF. {3:00}
- 7 (7) Make a full spiral turn to the right on LF.

Sect - A4: Step Fwd. Side Rock. R Weave /w Sweep. Behind. 1/4 L. Step 1/2 Turn L.

- 1 & 2 (1) Step forward on RF. (&) Rock to the left on LF. (2) Recover on RF.
- 3 & 4 (3) Cross LF over RF. (&) Step to the right on RF. (4) Step LF behind RF, sweeping RF from front to back.
- 5 - 6 (5) Step RF behind LF. (6) Turn 1/4 to the left, stepping forward on LF. {12:00}
- 7 & (7) Step forward on RF. (&) Turn 1/2 to the left, placing weight on LF. {6:00}

Sect - B1: Nightclub Basic R. 1/4 Fallaway Diamond Back. 1/8 Arabesque. Cross Rock. Recover /w Sweep. Behind. 1/8 R Step Side.

- 1 - 2 & (1) Take a big step to the right on RF. (2) Close LF next to RF. (&) Cross RF over LF.
- 3 - 4 & (3) Step to the left on LF. (4) Turn 1/8 to the right, stepping back on RF. {1:30}(&) Step back on LF, turning 1/8 to the right. {3:00}
- 5 - 6 (5) Step to the right, turning upper body 1/8 to the right and lift LF diagonally back. {4:30}(6) Cross rock LF over RF.
- 7 - 8 & (7) Recover on RF, sweeping LF from front to back. (8) Step LF behind RF.(&) Turn 1/8 to the right, stepping to the right on RF. {6:00}

Sect - B2: Step Fwd L /w Arm Movements. Recover R. Back /w Sweep. Behind-Side. R Arm Diagonally Up. R Arm Diagonally Down. Step Fwd /w Sweep. Cross Rock.

- 1 & 2 & (1) Step forward on LF. (& 2) Hold. (&) Recover on RF.
- 3 - 4 & (3) Step back on LF, sweeping RF from front to back. (4) Step RF behind LF. (&) Step to the left on LF.

- 5 & 6 (5) Lean to the left, looking up on your hand (See arm movement).(&) (See arm movement).(6) Lean to the right, looking down on your hand (See arm movement).
- 7 - 8 & (7) Step forward on LF, sweeping RF from back to front. (8) Cross rock RF over LF. (&) Recover on LF.

Arm Movements For Specific Counts Above

- 1 & 2 (1) Place L hand in front of L eye with L elbow pointing to the left, palm facing out and fingers pointing towards your nose.(&) Place R hand in front of R eye with R elbow pointing to the right, palm facing out and fingers pointing towards your nose.(2) Pull both hands out, so you can see again.
- 5 & 6 (5) Push R hand diagonally up to the left with palm facing down and fingers pointing up, like Superman, but opposite direction!(&) Fold R hand in towards your arm while starting to bring it diagonally down to the right.(6) Finish bringing hand diagonally down to the right with palm facing down and fingers pointing down.

Sect - C1: Side Rock Lifting Arm. Behind. Small Side Rock /w Arm Movements. Step Back & Sweep. Behind. 1/8 Step Fwd. Step Fwd, /w Arm Movements. Bend Knees. 3/8 Turn /w Arm Movements. Rock Fwd.

- 1 - 2 & (1) Lean to the right on RF, watching R hand (See arm movement). (2) Recover on LF. (&) Step RF behind LF.
- 3 & a 4& (3) Small rock to the left on LF. (&) Recover on RF. (a) Close LF next to RF. (4,&) (See arm movements).
- 5 - 6 & (5) Step back on RF, sweeping LF from front to back. (6) Step LF behind RF.(&) Turn 1/8 to the right, stepping forward on RF. {1:30}
- 7 & a 8& (7) Step forward on LF. (&) Bend both knees slightly (a) Turn 3/8 to the right, keeping weight on LF. {6:00}(8) Rock forward on RF, straightening knees. (&) Recover on LF.

Arm Movements For Specific Counts Above

- 1 (1) Lift R hand from diagonally right down, to diagonally right up. Palm facing down and fingers out. This should be a smooth movement where the hand is almost making a wave motion.
- 3 & a 4& (3) Push L hand towards right shoulder, elbow pointing to the left, palm facing right and fingers pointing up.(&) Pull L hand towards left shoulder. Elbow, palm and fingers still in the same position.(a) Push L hand towards the center of your chest, placing R palm against L palm. Elbows pointing out.(4) Keeping both hands against each other, turn them 90 degrees forward. Fingers should now point forward.(&) Push hands forward, keeping both hands against each other.
- 5 (5) Pull both hands out to each side with elbows bent, as if you are about to swim/hug someone.
- 7 & a 8& (7) Stretch L hand up, fingers pointing up.(&) Pull L hand down to L shoulder, forming it into a fist.

(a) When turning, push L hand slightly forward, fingers pointing forward and place R hand on L hand. R elbow pointing out.(8) Push L hand all the way forward, fingers pointing forward, keeping R hand on L elbow.(&) Pull back L hand towards R hand, placing R hand on top of L hand. Palms should now be facing forward, L hand fingers pointing towards R and R hand fingers pointing towards L. Elbows pointing out to each side.

Sect - C2: Step Fwd /w Hitch & Arm Movement. Step Fwd. Rock Fwd. Recover /w Sweep. Back. 1/2 L. Step Fwd, Lifting R Hand. Step Fwd, Lifting L Hand. (Step 1/2 Turn L. Step Fwd. Step Together.) /w Arm Movements.

- 1 - 2 & (1) Step forward on RF, slightly lifting heel off the ground, hitching L knee. (2) Step forward on LF.(&) Rock forward on RF.
- 3 - 4 & (3) Recover on LF, sweeping RF from front to back. (4) Step back on RF.(&) Turn 1/2 to the left, stepping forward on LF. {12:00}
- 5 - 6 (5) Step forward on RF. (6) Step forward on LF.
- 7 & 8 & (7) Step forward on RF. (&) Turn 1/2 to the left, placing weight on LF. {6:00}(8) Step forward on RF. (&) Close LF next to RF.

Arm Movements For Specific Counts Above

- 1 (1) Push both hands up in the air, then slowly bring them down.

- 5 - 6 (5) Stretch R hand to the right, slowly lifting it to shoulder height.(6) Stretch L hand to the left, slowly lifting it to shoulder height.
- 7 & 8 & (7) Place L hand on R shoulder.& Place R hand on L shoulder.(8) Switch hands on shoulders, placing R hand on R shoulder and L hand on L shoulder.& Bring both arms down next to the body.

Have fun!
