

Shadow Dance

COPPERKNOB
BYEPHASETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Alex Duka (FR) - June 2024
音乐: Dancing With Your Shadows - Phillip Phillips



[1-8] : STOMP R – KICK R FWD – ROCK R BACK – R HEEL FWD – HEEL GRIND ½ TURN R – WEIGHT ON L

1-2 Stomp right beside left – kick right forward
3-4 step right back - recover
5 right heel forward
6-7 ½ turn right (2 counts) weight on right
8 weight on left

[9-16] : ROCK R BACK – STEP R – STEP L – 2 KICK R FWD – STEP R BACK – ½ TURN L STEPPING L FWD

1-2 step right back - recover
3-4 step left – step right
5-6 double kick right forward (2 counts)
7-8 step right back – ½ turn left stepping left forward

[17-24] : GOING FWD (KICK R – HOOK L – KICK L – HOOK R) – ROCK R FWD – ROCK R BACK

1-2 going forward (kick right forward – hook left)
3-4 going forward (kick left forward – hook right)
5-6 step right - recover
7-8 step right back - recover

[25-32] : FULL TURN L – STEP R BACK – TOGETHER – ROCK R TO R SIDE – TOUCH R BESIDE L

1-2 step right forward – ½ turn left (weight on right)
3-4 ½ turn left stepping left forward – bring right beside left
5-6 step right back- together
7-8 right to right side - recover & touch right beside left

[33-40] : RUMBA BOX STARTING TO R SIDE

1-2 right to right – together
3-4 step right – together
5-6 left to left – together
7-8 step left back – touch right beside left

[41-48] : STEP R BACK – SWIVET X2 – STEP R FWD ½ TURN L – POINT L TO L – BRING L BESIDE R – POINT R TO R

1 step right back & left heel pointing to the left & right point pointing to the right
2 both feet parallel
3 left heel point to the left & right point pointing to the right
4 both feet parallel
5-6 step right forward & ½ turn left – point left to left
7-8 together – point right to right

[49-56] : ROCK R BACK – ROCK R FWD – ½ TURN R STEPPING R FWD – RECOVER – ½ TURN R STEPPING R FWD – SCUF L BESIDE R

1-2 step right back – recover
3-4 step right forward – recover
5-6 ½ turn right stepping right forward - recover

7-8 ½ turn right stepping right forward – scuff left beside right

[57-64] : CROSS L OVER R – FULL TURN R – SIDE L – TOGETHER – STOMP L – KICK R FWD – FLICK R & SLAP

1 cross left over right

2-3-4 full turn (3 counts) ending weight on right

5-6 left to left – together

&-7-8 stomp right – kick right forward – flick right to the right & slap right heel with right hand

TAG (4 counts) :

1-4 STOMP R – TOE FAN WITH R x2

1 stomp right

2-3-4 right heel to the left - right heel to the right - right heel to the left

Repeat with fun...
