

Shadowboxing

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Dee Musk (UK) - March 2025
音乐: Shadowboxing - Tom Grennan



Intro 48 counts – approx. 22 secs. Track 2 mins 53 secs. BPM 128.
Track available from iTunes.

Step, Kick, Touch, Heel Twists x 2, Hitch, Back Touch.

1,2 Step forward on L, kick R forward,
3-5 Touch R toe back, twist both heels L, twist both heels centre (weight on R).
6-8 Hitch L knee, step back L, touch R beside L. (12.00).

Step, Hold, Ball, ¼ Right Cross, ¼ Turn Right, ¼ Turn Right, Hold, Ball, Cross, Point.

1,2 Step forward on R, hold count 2.
&3,4 Step L beside R, ¼ turn R crossing R over L, ¼ turn R stepping back on L. (6.00).
5,6 ¼ turn R stepping R to R side, hold count 6.
&7,8 Step L beside R, cross R over L, point L to L side. (9.00)

¼ Turn Left, Point, Touch, Point, Cross, Hold, Ball, Cross, ¼ L.

1,2 ¼ turn L stepping L beside R, point R to R side
3,4 Touch R across L, point R to R side.
5,6 Cross step R behind L, hold count 6.
&7,8 Step L beside R, cross R over L, make ¼ turn L stepping forward on L. (3.00)

Jazz box ¼ Turn Right Stepping Forward, Jazz box ¼ Turn Right with Cross.

1-4 Cross R over L, make ¼ turn R stepping back on L, step R to R side, step forward on L.
5-8 Cross R over L, make ¼ turn R stepping back on L, step R to R side, cross L over R. (9.00)

Right Side Rock, Recover, Step Behind, Left Side Rock, Recover, Step Behind, Right Side Rock, Recover.

1-3 Rock R to R side, recover weight to L, cross step R behind L.
4-6 Rock L to L side, recover weight to R, cross step L behind R.
7,8 Rock R to R side, recover weight to L. (9.00)

Behind, Side, Cross, Sweep, Cross Rock, Recover, Side Rock, Recover.

1-4 Cross step R behind L, step L to L side, cross R over L, sweep L to in front of R.
5,6 Cross rock L over R, recover weight to R.
7,8 Rock L to L side, recover weight to R. (9.00)

Behind, Hold, Ball, Cross, ¼ Turn Right, Rocking Chair.

1,2 Cross step L behind R, hold count 2.
&3,4 Step R beside L, cross L over R, make ¼ turn R stepping forward on R.
5-8 Rock forward on L, recover weight to R, rock back on L, recover weight to R. (12.00)

2 x Jazz box ¼ Turn Left Stepping Forward.

1-4 Cross L over R, make ¼ turn L stepping back on R, step L to L side, step forward on R.
5-8 Cross L over R, make ¼ turn L stepping back on R, step L to L side, step forward on R.
(6.00)

Optional Ending during wall 5

*Optional ending to finish facing 12.00.

Replace Jazz box Turns Left, with 2 x Jazz boxes in place. Tah Dah!!

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