

Shadows of You

COPPERKNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Chandrani Eilena Emmiyan (INA) - April 2025
音乐: Lady Gaga Ft. Adele - Shadows of You



Intro: 16 Counts

*1 Tag (4 counts) : at the end of wall 4 (facing 12.00)

**2 Restarts : after the counts of 6 in session 4 on wall 5 (facing 06.00) & wall 6 (facing 12.00)

Session 1 - SIDE & SWAY (R, L), BASIC NC, ¼ + ½ L WITH ARABESQUE, BACK (x3), FWD, ½ L BACK, ¼ L SIDE & SWAY

1-3 Step R to right side & sway, Recover onto L & sway, Step R to right side
4&5 Close L behind R, Cross R over L, ¾ Turn left & step L forward while rising R upward (arabesque) (3.00)
6&7 Step down onto R, Step back on L, R
8&1 Step L forward, ½ Turn left & step R back (9.00), ¼ Turn left & step L to left side & sway (6.00)

Session 2 - RECOVER & SWAY, BASIC NC, 7/8 L SPIRAL, RUN (L, R, L), RECOVER & SQUARING TO SIDE, 1/8 L FWD

2-3 Recover onto R & sway, Big step L to left side
4&5 Close R behind L, Cross L over R, 7/8 Turn left making a little hook on L (7.30)
6&7 Run on L, R, L
8&1 Recover onto R, Squaring & step L to left side (6.00), 1/8 Turn left & step R forward (4.30)

Session 3 - RECOVER & SQUARING, ½ R TWINKLE, TWINKLE, RUN (L, R, L), KEEP WEIGHT ON L & ½ TURN R

2&3 Recover onto R (squaring to 6.00), ¼ Turn right & step R forward (9.00), ¼ Turn right & step L diagonal forward (10.30) then prepare to make next twinkle (body alignment to 1.30)
4&5 Step R diagonal forward, Step L forward, Squaring to 12.00 & step R to side (body alignment to 10.30)
6&7-8 Run on L, R, L, ½ Turn right & keep the body weight on L (4.30)

Session 4 - FWD SWEEP, CROSS, 3/8 L BACK, BACK, RECOVER, ½ R BACK, BACK, WALK (L, R, L)

1-2&3 Step R forward while sweeping L from back to front, Cross L over R, 3/8 Turn left & step R back (12.00), Step L back
4&5 Step R in place, ½ Turn right & step L back (6.00), Step R back
6-8 Walk on L, R, L

TAG (4 counts)

At the end of wall 4 (facing 12.00)

FWD & HOLD, RECOVER & DRAG

1-2 Step R forward, Hold
3-4 Recover onto L while dragging R inward next to R

RESTARTS:-

On wall 5 (facing 06.00)

On wall 6 (facing 12.00)

After the counts of 6 in session 4

Happy dancing

Dancing from the heart

E-mail: Chandranieilenaemmiyan@gmail.com

Facebook: Chandrani Eilena Emmiyan
