

# Shadowlands

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver / Easy Intermediate  
编舞者: Gaye Teather (UK) - June 2014  
音乐: You're in the Shadow of My Mind - Chris Raddings : (CD: Coming Out of The Shadows)



(94/188 bpm. – dance written as 94 bpm.)

Track available as a single FREE download from [www.upcountrymagazine.co.uk](http://www.upcountrymagazine.co.uk)

16 count intro - Dance rotates in CW direction

**Walk forward x 2. Forward Mambo step. Walk back x 2. Quarter turn Left behind-side-cross**

1 – 2      Walk forward Right. Left  
3&4      Rock forward on Right. Recover onto Left. Step back on Right  
5 – 6      Walk back Left. Right  
7&8      Quarter turn Left crossing Left behind Right. Step Right to Right side. Cross Left over Right (Facing 9 o'clock)

**Right side rock & cross. Left side rock & cross. Quarter turn Right lock step x 3. Step forward**

1&2      Rock Right to Right side. Recover onto Left. Cross Right over Left  
3&4      Rock Left to Left side. Recover onto Right. Cross Left over Right  
5&      Quarter turn Right stepping forward on Right. Lock Left behind Right  
6&      Quarter turn Right stepping forward on Right. Lock Left behind Right  
7&      Quarter turn Right stepping forward on Right. Lock Left behind Right (Facing 6 o'clock)  
8      Step forward on Right

**Forward Mambo step. Coaster cross. Syncopated Rumba box**

1&2      Rock forward on Left. Recover onto Right. Step back on Left  
3&4      Step back on Right. Step Left beside Right. Cross Right over Left  
5&6      Step Left to Left side. Step Right beside Left. Step forward on Left  
7&8      Step Right to Right side. Step Left beside Right. Step back on Right

**Quarter turn Left side rock. Left cross & heel & Right cross & heel. Together. Forward lock step**

1 – 2      Quarter turn Left rocking Left out to Left side. Recover onto Right (Facing 3 o'clock)  
3&4      Cross Left over Right. Small step to Right on Right. Touch Left heel diagonally forward Left  
&      Step Left beside Right  
5&6      Cross Right over Left. Small step to Left on Left. Touch Right heel diagonally forward Right  
&      Step Right beside Left  
7&8      Step forward on Left. Lock Right behind Left. Step forward on Left

Start again