

Shadow

拍數: 80 牆數: 2 級數: Easy Intermediate
編舞者: Kim Liebsch (DK) - April 2017
音樂: Shadows - Lindsey Stirling : (3:43)



Intro: 11 counts after 1st beat (appr. 6 sec) Start with weight on L foot

Restart: On wall 5 after count 56 counts, make ¼ turn R while touching R to face 6:00 (*)

#1 section: □ Brush hook, brush brush, ball X 2 □

1-2 Brush R foot fw. hook R in front of L □ 12:00
3-4& Brush R fw. brush R back, step down on R □ 12:00
5-6 Brush L fw, hook L in front of R □ 12:00
7-8& Brush L fw, brush L back, step down on L □ 12:00

#2 section: □ Rocking chair, ¼ turn touch, side rock □

1-2 Rock fw. on R, recover on L □ 12:00
3-4 Rock back on R, recover on L □ 12:00
5-6 Make ¼ turn L stepping R to R side, touch L beside R □ 9:00
7-8 Rock L to L side, recover on R □ 9:00

#3 section: □ Behind ¼ turn, step ½ turn, ¼ turn behind, side cross □

1-2 Cross L behind R, make ¼ turn R stepping fw. on R □ 12:00
3-4 Step fw. on L, make ½ turn R stepping fw. on R □ 6:00
5-6 Make ¼ turn L stepping L to L side, cross R behind L □ 9:00
7-8 Step L to L side, cross R over L □ 9:00

#4 section: □ Side rock, back rock, step ½ turn, step ¼ turn □

1-2 Rock L to L side, recover on R □ 9:00
3-4 Rock back on L recover on R □ 9:00
5-6 Step fw. on L, make ½ turn R stepping fw. on R □ 3:00
7-8 Step Fw. on L, make ¼ turn R stepping R to R side □ 6:00

#5 section: □ Step lock, step brush X 2 □

1-2 Step fw. on L, lock R behind L □ 6:00
3-4 Step fw. on L, brush R fw. □ 6:00
5-6 Step fw. on R, lock L behind R □ 6:00
7-8 Step fw. on R, brush L fw. □ 6:00

#6 section: □ L heel grind, back rock, vine cross □

1-2 Grind L heel while making a ¼ turn L, recover on R □ 3:00
3-4 Rock back on L, recover on R □ 3:00
5-6 Step L to L side, cross R behind L □ 3:00
7-8 Step L to L side, cross R over L □ 3:00

#7 section: □ Walk around full turn, behind side, cross touch □

1-2 Make ¼ turn L stepping fw. on L, make ¼ turn L stepping fw. on R □ 9:00
3-4 Make ¼ turn L stepping fw. on L, make ¼ turn L stepping fw. on R □ 3:00
5-6 Cross L behind R, step R to R side □ 3:00
7-8 Cross L over R, touch R beside L (* Make ¼ turn R while touching R to face 6:00) □ 3:00

#8 section: □ Side rock with ¼ turn, 2 walk back, step back with sweep X 2 □

1-2 Rock R to R side, make ¼ turn R recovering on L □ 6:00

- 3-4 Walk back R, walk back L □ 6:00
- 5-6 Step back on R while sweeping L □ 6:00
- 7-8 Step back on L while sweeping R □ 6:00

#9 section: □ Behind side rock X 2, back rock □

- 1-2 Cross R behind L, rock L to L side □ 6:00
- 3-4 Recover on R, cross L behind R □ 6:00
- 5-6 Rock R to R side, recover on L □ 6:00
- 7-8 Rock back on R, recover on L □ 6:00

#10 section: □ Brush jazz box ¼ turn X 2 □

- 1-2 Brush R fw, cross R over L □ 6:00
- 3-4 Make ¼ turn R stepping back on L, step R to R side □ 9:00
- 5-6 Brush L fw, cross L over R □ 9:00
- 7-8 Make ¼ turn L stepping back on R, step L to L side □ 6:00

GOOD LUCK & N'JOY
