

# Lindsey's Shadows

拍數: 58      牆數: 4      級數: Phrased Improver +  
編舞者: Angéline Fourmage (FR) - April 2013  
音樂: Shadows - Lindsey Stirling



Partie A : 32 count - Partie B : 26 count - Restart : 4

Start : 8 count

Seq: A-B-A (16 count) Restart-B-A (16 count) Restart A-B-A (16 count) Restart-B-A-A-A (8 count) Restart - B

## Partie A

### [1-8] Chassé R, Stomp, Chassé L, Stomp\*

1&2      RF to the R side, LF next to RF, RF to the R side  
3-4      Stomp LF next to RF, Stomp RF next to LF  
5&6      LF to the L side, RF next to LF, LF to the L side  
7-8      Stomp RF next to LF, Stomp LF next to RF

### [9-16] Rock-step, Chassé R, Rock-step, Chassé L\*

1-2      RF over LF , recover to LF next to RF  
3&4      RF to the R side, LF next to RF, RF to the R side  
5-6      LF over RF, recover to RF  
7-8      LF to the L side, RF next to LF, LF to the L side

### [17-24] Step, Drag, Step, Drag

1-2      RF on a little diagonal R, Drag LF  
3-4      Drag LF, touch LF next to RF  
5-6      LF on a little diagonal L, Drag RF  
7-8      Drag RF, touch RF next to LF

### [25-32] Out, Ball cross, Rock step, coaster step, step, touch

&1&2      RF to the R side, LF to the L side, RF over LF, LF over RF  
3&4      RF FW, recover to LF  
5&6      RF back, LF next to RF, RF FW  
7-8      LF FW, Touch RF next to LF

## Partie B

### [1-8] Step, Swivel, Flick, Step, Swivel, Flick, Apple Jack

1&2      RF to the R side, Swivel both heel to R, Swivel both toes to R  
&3&4      Flick LF behind RF Swivel both heel to L, Swivel both toes to L  
&5&6      Flick RF behind LF, RF to the R side, Swivel back heel to R side  
7&8      Return to the center , Swivel right toe and left heel to the right, return to the center

### [9-16] Triple-step R, Triple-step L, Triple-step Back

1&2      RF FW, LF next to RF, RF FW  
3&4      LF FW, RF next to LF, LF FW  
5&6      RF back, LF next to RF, RF back  
7&8      LF back, RF back, RF next to LF, LF back

### [17-24] Coaster-step Touch, Out, Out, In, In, Out, Out, Ball Cross

1&2&      RF back, LF next to RF, RF FW, LF FW  
3&4&      Touch RF next to LF, RF out, LF out, hold  
5&6&      RF in, LF in, hold  
&7&8      RF out, LF out, RF behind LF, LF over RF

**[25-26] Step, Sweep**

1-2& Step ¼ R with RF FW, Sweep L ¼ R from front, LF next to RF

**NOTA : (RF = Right foot ; LF = Left Foot ; FW = Forward \*= Restart) Smile and enjoy the dance Contact :**

**Contact - [maellynedance@gmail.com](mailto:maellynedance@gmail.com)**

---