

She Pulled Me Out Of The Shadows

COPPERKNOB
STEPPERS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Michael Greasby (UK) - May 2020
音樂: Coming Out of the Shadows - Chris Raddings



- 1-2 3&4 Walk forward right & left, right shuffle forward
5-6 7&8 Rock forward on left foot & recover weight onto right foot & left coaster step back (12)
- 1-2 3-4 Step right forward paddle $\frac{1}{4}$ quarter left, step right forward paddle $\frac{1}{4}$ quarter left
5-6 7-8 Right jazz box in place finishing jazz box with a left toe-touch next to right (6)
- 1-2 3&4 Walk forward left & right & left shuffle forward
5-6 7&8 Rock forward onto right & recover weight onto left foot & right coaster step back (6)
- 1-2 3&4 Cross left over right foot, step right foot back, shuffle $\frac{1}{2}$ over left shoulder
5-6 7-8 Step forward on right $\frac{1}{4}$ paddle left, step right forward paddle $\frac{1}{2}$ to left (3)
- 1-2 3-4 Monterey $\frac{1}{4}$ to the right, point quarter point left toe out bring left to beside right foot
5-6 7-8 Monterey $\frac{1}{4}$ to the right, point quarter point left toe out bring left to (9)
- 1-2 3&4 Walk back right & left & right lock step back (9)
5-6 7&8 Rock left foot back & recover onto right foot, & left shuffle forward (9)
- 1-2-3&4 Rock out to right & recover onto left foot, triple reverse full turn over right shoulder
5-6-7&8 Rock out onto left & recover onto right foot, triple reverse full turn over left shoulder
- 1-2-3&4 Rock right forward & recover onto left, shuffle $\frac{1}{2}$ over right shoulder (3)
5-6-7&8 Rock left foot forward & recover onto right, into a left coaster step back (3)

Choreographers Notes, if you don't like reverse full turns in section (7), do triple steps in place
Restart 1: When you start the back wall on Wall 3, dance up to Section 3, replace last step to a coaster touch. Start the dance at the front on Wall 4.

Restart 2: Dance through the break in music up to Wall 7 facing 9pm, dance to Section 7, restart facing back wall,

Ending When you start Wall 9 at the 9pm wall, dance up to Section 4, drop Section 5, do Section 6 to finish at the front on a right step forward
Enjoy!!

Written on 1st May 2020