

# Me And My Shadow

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Christine Wiltshire (UK)  
音樂: Me And My Shadow - Robbie Williams



## STEP SIDE, BEHIND & CROSS, STEP, SIDE

1-2                Step right to side, step left behind right  
&3-4              Step on ball of right to side, step forward left, step right to side

## STEP SIDE, BEHIND & CROSS STEP, SIDE

5-6                Step left to side, step right behind right  
&7-8              Step on ball of left to side, step forward right, step left to side

## STEP RIGHT, LEFT, RIGHT, LEFT MAKING 1 ¼ TURN RIGHT

9-10              Step right to side, hinge ½ turn, step left  
11-12             Step right to side, turning ¼, hinge ½ turn, step on left

**Easy option is just step right with ¼ turn right, step on left, then step right to side and bring left up next to right (smaller turn)**

## RIGHT SHUFFLE, ROCK & RECOVER

13&14            Step right to side, step left beside right, step right to side  
15-16            Rock left over right, recover on right

## ¼ TURN LEFT, WALK FORWARD LEFT, RIGHT, LEFT HINGE FULL TURN, RIGHT

17-18            Turning ¼ to left, walk forward left, right  
19-20            Walk forward left, hinge full turn, step on to right foot

**Easy option is just walk forward left, right, left, right (no turning)**

## HALF TURN SHUFFLE, BACK ROCK TWICE

21&22            Shuffle on left, right, left making half turn over left shoulder  
23-24            Rock back on right and recover  
25&26            Shuffle on right, left, right making half turn over right shoulder  
27-28            Rock back on left and recover

## STEP ¼ TURN & (LITTLE JUMP) ROCK RIGHT, LEFT

29-30            Step left forward, turning ¼ to right, step right  
&31-32           Bring left up to right quickly, step right out to right, rock on left

**REPEAT**