

Shadow Dancing

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Trevor Smith (AUS)
音樂: Shadows In the Night - Scooter Lee



RIGHT TOUCH, ½ TURN, RIGHT TOUCHES, ½ STEP PIVOT, SHUFFLE WITH TURN

- 1 Touch right toe out to right side
- 2 Pivot ½ turn right on ball of left foot stepping right in beside left
- 3&4 Touch left toe out to left side, touch together, touch left toe out to left side
- 5 Step forward onto left foot
- 6 Pivot ½ turn right ending weight on right foot
- 7&8 Shuffle forward left-right-left turning ½ turn right at the same time

ROCK BACKWARDS/FORWARD, RIGHT SHUFFLE, ¼ PIVOT, ¼ PIVOT

- 9-10 Step backwards onto right foot, step forward onto left foot
- 11&12 Shuffle forward right-left-right
- 13 Step forward onto left foot
- 14 Pivot ¼ turn right ending weight on right foot
- 15-16 Repeat steps 13 & 14 inclusive

RIGHT CHAINÉ SHUFFLE, TOUCH, HOLD, LEFT CHAINÉ SHUFFLE, TOUCH, HOLD

- 17&18 Shuffle right leading left across in front (left-right-left)
- 19-20 Touch right toe out to right side, hold
- 21&22 Shuffle left leading right across in front (right-left-right)
- 19-20 Touch left toe out to left side, hold

STEP, TOUCH, STEP, TOUCH, TWIST STEP FORWARD

- 25-26 Step left foot across in front to right, touch right toe out to right side
- 27-28 Step right foot across in front to left, touch left toe out to left side

The following twist step are performed as you push the hip of the same foot you step forward on out to the side

- 29 Step forward onto left foot pushing left hip forward
- 30 Step forward onto right foot pushing right hip forward
- 31&32 Repeat steps 29 & 30 inclusive

ROCK FORWARD/BACKWARDS, TRIPLE STEP WITH TURN, REPEAT

- 33 Rock forward onto left foot across in front of right
- 34 Rock backwards onto right foot
- 35&36 Triple step on the spot turning ½ turn left (left-right-left)
- 37 Rock forward onto right foot across in front of left
- 38 Rock backwards onto left foot
- 39&40 Triple step on the spot turning ½ turn right (right-left-right)

ROCK FORWARD/BACKWARDS, SHUFFLE BACKWARDS, ROCK BACKWARDS/FORWARD SHUFFLE FORWARD

- 41-42 Rock forward onto left foot, rock backwards onto right foot
- 43&44 Shuffle backwards left-right-left
- 45-46 Rock backwards onto right foot, rock forward onto left foot
- 47&48 Shuffle forward right-left-right

FULL TURN, STEP, TAP, STEP, FULL TURN, TAP

- 49 Turn ½ turn right as you step forward onto left foot

- 50 Turn ½ turn right as you step backwards onto right foot
51-52 Step forward onto left foot, tap right toe in behind left
53 Step backwards onto right foot
54 Turn ½ turn left as you step backwards onto left foot
55 Turn ½ turn left as you step forward onto right foot
56 Tap left toe in behind right

ROCK FORWARD/BACKWARDS, SHUFFLE BACKWARDS, ROCK BACKWARDS/FORWARD SHUFFLE FORWARD

- 57-58 Rock forward onto left foot, rock backwards onto right foot
59&60 Shuffle backwards left-right-left
61-62 Rock backwards onto right foot, rock forward onto left foot
63&64 Shuffle forward right-left-right

DOUBLE KICK, TRIPLE STEP WITH TURN

- 65-66 Kick left foot forward twice
67&68 Turn ½ turn left as you triple step on the spot left-right-left

REPEAT
