

Shadow Dancing

拍數: 0 牆數: 0 級數:
編舞者: Max Perry (USA)
音樂: Shadow Dancing - Andy Gibb



Sequence: Dance Starts on the Verse. ABC, AB, A(1-32), TAG, B to the end

PART A ("THE VERSE")

SUGAR PUSH WITH COASTER STEP & KICK BALL CHANGE

- 1-2 Step forward right, left
- 3&4 Step right up to left (3rd pos), step left in place, step right back (anchor step)
- 5&6 Step left back, step right next to left, step left forward (coaster step)
- 7&8 Kick right forward, rock right back, step left in place (kick ball change)

¼ PIVOT TURN, CROSSING SHUFFLE, SIDE ROCK, CROSSING SHUFFLE

- 1-2 Step right forward & turn ¼ left, step left in place
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 Rock left to left side, step right in place (recover)
- 7&8 Cross left over right, step right to right side, cross left over right

½ MONTEREY TURN TWICE

- 1-2-3-4 Touch right toe to right side, step right next to left as you turn ½ right, touch left toe to left side, step left next to right
- 5-6-7-8 Repeat counts 1-4 (still facing 9:00)

FORWARD ROCK, COASTER STEP, STEP FORWARD, TWIST, TWIST, TWIST

- 1-2 Rock right forward, step left in place (recover)
- 3&4 Step right back, step left next to right, step right forward
- 5 Step left forward
- 6-7-8 Twist on balls of both feet up to ½ right, then home, then ½ right to face 3:00 wall

THOMPSON'S TURN FROM "TEXAS"

- 1-2 Step right forward & turn ¼ right, step left back (rock step ¼ turn) face 6:00
- 3&4 Kick right forward, step right next to left, step left forward & turn ½ left
- 5&6 Step right back & turn ½ left, step left forward & turn ½ left, step right back
- 7&8 Step left behind right in 3rd position, step right in place, step left in place

Anchor step/shuffle in place should end up facing original 12:00 wall

JAZZ TOUCHES

- 1-2 Step right forward, step left forward
- 3&4 Kick right forward, step right back with ball of foot, cross left over right (lock)
- &5 Step right back, touch left to left side
- &6 Step left next to right, touch right to right side
- &7 Step right next to left, touch left to left side
- &8 Step left next to right, touch right to right side

2 CROSS POINTS, 2 CAT WALKS, SHUFFLE TURNING ½ LEFT

- 1-2 Step right forward & across left, touch left to left side
- 3-4 Step left forward & across right, touch right to right side
- 5-6 Cross step right over left (small step), cross step left over right (small step)

These are the cat walks

- 7&8 Turn ½ left as you dance a right shuffle forward (face 6:00)

2 CROSS POINTS, 2 CAT WALKS, SHUFFLE TURNING ½ RIGHT

- 1-2 Step left forward & across right, touch right to right side
3-4 Step right forward & across left, touch left to left side
5-6 Cross step left over right (small step), cross step right over left (small step)

These are the cat walks

- 7&8 Turn ½ right as you dance a left shuffle forward (face 12:00)

PART B ("THE CHORUS")

ROLLING 360 TURN RIGHT

- 1-2-3-4 Turn ¼ right as you step right forward, turn ½ right, step left back turning ¼ right, step right to right side, touch left next to right (or you may do a plain grapevine right)

ROLLING TURN 1 AND ¼ LEFT, HOLD & CLAP TWICE

- 5-6-7&8 Turn ¼ left and step left forward, turn ½ left and step right back, turn ½ left and step left forward, hold and clap twice

TOUCH FORWARD, SIDE, SAILOR SHUFFLE, TOUCH FORWARD, SIDE, SAILOR W/ ¼ TURN

- 1-2 Touch right forward, touch right to right side
3&4 Cross right behind left, step left to left side, step right in place
5-6 Touch left forward, touch left side
7&8 Cross left behind right turning ¼ left, step right in place, step left in place

ROCK STEP COASTER STEP, ROCK STEP COASTER STEP

- 1-2-3&4 Rock right forward, step left in place, step right back, step left next to right, step right forward
5-6-7&8 Rock left forward, step right in place, step left back, step right next to left, step left forward

ROCK STEP, ½ TURN CHA-CHA-CHA, ½ PIVOT TURN, CHA-CHA-CHA

- 1-2 Rock right forward, step left in place (recover)
3&4 Turn ½ right as you dance right triple step (cha-cha-cha)
5-6 Step left forward & turn ½ right, step right in place
7&8 Dance left triple step forward (cha-cha-cha)

PART C ("THE BRIDGE")

WEST COAST SWING PATTERN "ENGLISH CROSS" DANCED TWICE

- 1-2 Step right forward, step left forward
&-3-4 Turn ¼ left and step right to right side, cross step left over right, turn ¼ right & step right forward
5&6 Left shuffle in place turning ½ right (left, right, left)
- 1-2 Step right forward, step left forward
&-3-4 Turn ¼ left and step right to right side, cross step left over right, turn ¼ right & step right forward
5&6 Left shuffle in place turning ½ right (left, right, left)

SUGAR PUSH WITH KNEE POPS

- 1-2 Step forward right, left
3&4 Step right up to left (3rd pos), step left in place, step right back (anchor step)
&5 Step left to left side, step right to right side (feet are a shoulder width apart)
6-7-8 Bounce both heels 3 times (lift and set down &6&7&8)

ROLLING TURNS FROM PART B

- 1-16 Dance the first 2 sections of 8 from section b - the rolling 360 turn, claps

THE TAG

STEP FORWARD, ½ PIVOT TURN, ¼ TURN STEP SIDE

1-2-3

Step right forward, step left forward & turn $\frac{1}{2}$ right, step right in place

4

Turn $\frac{1}{4}$ right as you step left to left side
