

Shadow Waltz (L/P)

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver line/partner dance
編舞者: Mike Repko (USA)
音樂: Their Hearts Are Dancing - The Forester Sisters



Position: The man is standing to the left side of the lady slightly back behind her. Right Side By Side Sweetheart Position

The steps are the same for line or partner dance. To do line dance just omit hands.

BASIC FORWARD, BASIC REVERSE

- 1 Step forward left
- 2 Step forward right beside left
- 3 Step left in place beside right
- 4 Step back right
- 5 Step back left beside right
- 6 Step right in place beside left

FORWARD DIAGONAL, TOE TOUCH & HOLD

- 7 Facing forward, cross step left over right
- 8 Touch right toe out to left side
- 9 Hold

REVERSE DIAGONAL, TOE TOUCH & HOLD

- 10 Facing forward, cross step right behind left
- 11 Touch left toe out to left side
- 12 Hold

REVERSE BASIC WITH ¼ TURN CROSS STEP ¼ TURN

When making the ¼ turn man drops lady's left hand then picks up the left hand after the last ¼ turn ending up in left side by side sweetheart position.

- 13 Step back left
- 14 Step back right
- 15 Step back left turning ¼ turn to left
- 16 Cross step right over left
- 17 Step to left side with left turning ¼ turn to left
- 18 Step right slightly forward of left

CROSS STEP RIGHT & LEFT

- 19 Facing forward, cross step left over right
- 20 Step to right side with right
- 21 Shift weight back to left
- 22 Facing forward, cross step right over left
- 23 Step to left side with left
- 24 Shift weight back to right

CROSS STEPS WITH ¼ TURN LEFT

When doing the ¼ turn the man steps up beside the lady to go back in to right side by side sweetheart position maintaining hand holds.

- 23 Facing forward, shift weight to left
- 26 Cross step right behind left
- 27 Step left to left side
- 28 Cross step right in front of left

- 29 Step to left side with left turning ¼ turn to left
- 30 Step slightly forward of left with right

REVERSE ¼ TURN WITH CROSS STEPS

When doing ¼ turn back man turns to follow lady maintaining hand holds ending up in right side by side sweetheart position. The rest of the dance is done in this position.

- 31 Step backwards with left
- 32 Step back with right turning ¼ turn to right
- 33 Cross step left over right
- 34 Step right to right side
- 35 Cross step left behind right
- 36 Step right to right side

RIGHT & LEFT LUNGES

- 37 Facing forward, step left over right at a 45 degree angle
- 38 Shift weight back to right
- 39 Step to left side with left
- 40 Facing forward, step right over left at a 45 degree angle
- 41 Shift weight back to left
- 42 Step to right side with right

CROSS STEP RIGHT & LEFT

- 43 Facing forward, cross step left over right
- 44 Step to right side with right
- 45 Shift weight back to left
- 46 Facing forward, cross step right over left
- 47 Step to left side with left
- 48 Shift weight back to right

REPEAT
