

The Shadow (P)

COPPER KNOB
STEPPERS

拍數: 40 牆數: 0 級數: Partner
編舞者: Nancy Martin (USA)
音樂: Take It Back - Reba McEntire



Position: Both facing LOD side by side with single handhold, 40 counts

LADY

1-2 Step with left foot, turning ¼ turn to the left, touch with right toe

Now facing partner

3-4 Step with right foot, turning ¼ turn to the right, touch with left toe

Now back to facing LOD

5-8 Switch right hand to his right hand, while executing a left rolling grapevine, (left-right-left), ending in front of (partner), touch right toe

Following steps are executed with same foot until count 20

9-12 Move forward at a 45 degree angle to the right: step forward with right foot, slide left foot up to right foot, step forward with right foot, slide left foot up to right foot

Weight should remain on right foot

13-16 Move forward at a 45 degree angle to the left: step forward with left foot, slide right foot up to left foot, step forward with left foot, slide right foot up to left foot

Weight should remain on left foot

17-20 Move backward (right-left-right) (on count 20: man steps with weight on left, lady just touches her left)

Drop hand hold

21-24 Left rolling grapevine (left-right-left) touch with right

Man's left hand joins lady's right hand

25-26 Turn ½ turn to the right, With weight on right, touch with left toe

Now both are facing RLOD

Man's right hand joins lady's left hand

27-28 Turn ½ turn to the left, with weight on left touch with right toe

Man's left hand joins lady's right hand. Both are back facing LOD. Drop hand hold

29-32 Right rolling grapevine in front of her partner (right-left-right,) touch with left

Rejoin hands (man's right to lady's left)

33-40 4 shuffle steps forward: (left-right-left, right-left-right, left-right-left, right-left-right)

REPEAT

MAN

1-2 Step with right foot, turning ¼ turn to the right, touch with left toe

Now facing partner

3-4 Step with left foot, turning ¼ turn to the left touch with right toe

Now back to facing LOD

5-8 4 step in place (right-left-right-left).

As lady moves in front of you, her back is to you, right hands at her right hip, left arms extended

9-12 Move forward at a 45 degree angle to the right: step forward with right foot, slide left foot up to right foot, step forward with right foot, slide left foot up to right foot

Weight should remain on right foot

13-16 Move forward at a 45 degree angle to the left: step forward with left foot, slide right foot up to left foot, step forward with left foot, slide right foot up to left foot

Weight should remain on left foot

17-20 Move backward (right-left-right) (on count 20: man steps with weight on left, lady just touches her left)

Drop hand hold

21-24 Right rolling grapevine (right-left-right) touch with left

Man's left hand joins lady's right hand

25-26 Turn ½ turn to the left, with weight on left, touch with right toe

Now both are facing RLOD

Man's right hand joins lady's left hand

27-28 Turn ½ turn to the right with weight on right touch with left toe

Man's left hand joins lady's right hand. Both are back facing LOD. Drop hand hold

29-32 Left rolling grapevine behind his partner (left-right-left), touch with right

Rejoin hands (man's right to lady's left)

33-40 4 shuffle steps forward: (right-left-right, left-right-left, right-left-right, left-right-left)

REPEAT
