

Shadowland

拍數: 64 牆數: 4 級數: Improver
編舞者: Terry Mchugh (UK)
音樂: In the Shadows - The Rasmus



TWO RIGHT HEEL DIGS, COASTER STEP, 2 LEFT HEEL DIGS, COASTER STEP

1-2 Dig right heel forward twice
3&4 Step back on right, step left beside right, step forward on right
5-6 Dig left heel forward twice
7&8 Step back on left, step right beside left, step forward on left

RIGHT & LEFT ROCKS, SYNCOPATED WEAVE LEFT, LEFT & RIGHT ROCKS SYNCOPATED WEAVE RIGHT

1-2 Rock on to right foot, rock back on to left
3&4 Step right behind left, step left to left side, cross right over left
5-6 Rock on to left, rock back on to right
7&8 Step left behind right, step right to right side, cross left over right

WALK RIGHT, LEFT, RIGHT SAILOR STEP, WALK LEFT, RIGHT, LEFT SAILOR STEP

1-2 Walk forward on right, walk forward on left
3&4 Step right behind left, step left beside right, step right in place
5-6 Walk forward on left, walk forward on right
7&8 Step left behind right, step right beside left, step left in place

STEP FORWARD ON RIGHT, ¼ TURN LEFT, LEFT COASTER STEP, FOUR HEEL DIGS RIGHT, LEFT, RIGHT, LEFT

1-2 Step forward on right, on heel of right & ball of left, turn ¼ left
3&4 Step back on left, step right beside left, step forward on left
5&6 Step forward on right heel, step right beside left step forward on left heel
&7&8 Step left beside right, step forward on right heel, step right beside left, step forward on left heel

EXTENDED CROSS SHUFFLE LEFT, EXTENDED CROSS SHUFFLE RIGHT

1&2 Cross right over left, step left behind right, step right across left (throughout this section, keep facing forward)
&3&4 Step left behind right, step right across left, step left behind right, step right across left
5&6 Step left across right, step right behind left, step left across right
&7&8 Step right behind left, step left across right, step right behind left, step left across right

STEP TO RIGHT SIDE, ¼ TURN LEFT WITH FRONT TAP, SAILOR STEP FORWARD ROCK, TWO STEPS BACK

1-2 Step right to right side with ¼ turn left, tap left toe in front of right
3&4 Step left behind right step right beside left, step left in place
5-6 Rock forward on right, rock back on left
7-8 Step back on right & left with heel swivels

ROCK FORWARD, ROCK BACK, SHUFFLE FORWARD RIGHT, LEFT, RIGHT, ¾ TURN RIGHT, TWO HEEL JACK

1-2 Rock forward on right, rock back on
3&4 Shuffle forward right, left, right
5-6 Cross left over right, make ¾ turn right

7&8& Step forward on right heel, step right beside left, step forward on left heel, step left beside right

TWO ½ TURNS LEFT, FOUR SKATE STEPS

1-2 Step forward on right, turn ½ left

3-4 Step forward on right, turn ½ left

5-8 Four skate steps forward, right, left, right, left

REPEAT

TAG

At the end of section four on wall five hold for two counts until music starts again

RESTART

At end of section four on wall six (last wall) start again from the beginning
