

# 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

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