

In The Shadows

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Geri Morrison (UK)
音樂: In The Shadows - Thu Rasmus



WALK FORWARD, SHUFFLE FORWARD, PIVOT ½ RIGHT, TRIPLE RIGHT TURN

1-2 Walk forward right, left
3&4 Shuffle forward (right, left, right)
5-6 Step forward on left pivot ½ turn right
7&8 Triple ½ turn right (left, right, left)

UNWIND ½ TURN RIGHT, CROSS STEP BACK, SAILOR STEP TWICE

1-2 Cross right behind, unwind ½ turn right
3-4 Cross left over right, step back on right
5&6 (Left sailor) cross left behind right, step right next to left, step left to left
7&8 (Right sailor) cross right behind left, step left next to right, step right to right

(Now facing 6:00) traveling back on sailors

SWAY ¼ TURN LEFT, COASTER STEP, CROSS UNWIND, ¾ CROSS SHUFFLE

1-2 Sway left stepping to left side, recover weight on right swaying right turning ¼ left
3&4 (Coaster step) step back on left, bring right beside left, step forward on left
5-6 Cross right over left, unwind ¾ left, (weight on left)
7&8 (Cross shuffle) cross right over left, step left to left side, cross right over left

SIDE ROCK, CROSS SHUFFLE, BIG STEP SLIDE, ROCK AND CROSS

1-2 Rock left to left side, recover weight on right
3&4 (Cross shuffle) cross left over right, step right to right, cross left over right
5-6 Long step right to right side, slide left beside right ending with a touch
7&8 Rock left to left, recover weight on right, cross left over right

MONTEREY, ROCK AND CROSS, ½ TURN, CROSS ROCK

1-2 Touch right to right side, turn ½ right stepping right beside left
3&4 Rock left to left side, recover weight on right, cross left over right
5-6 Step back ¼ turn left on right, step left to left side turning ¼ turn left
7-8 Rock right slightly over left, recover weight on left

Now facing 6:00

& CROSS POINT, KICK & CROSS, STEP ¼ RIGHT, ¼ TURN ROCK & CROSS, CHASSE RIGHT

&1-2 Step right next to left, cross left over right, point right to right side
3&4 Kick right foot forward, step right next to left, cross left over right
4 Step left ¼ right
6-7 Rock left to left side turning ¼ right, recover weight on right, cross left over right
8&1 (Chasse right) step right to right side, bring left beside right, step right to right side

Now facing 12:00

ROCK RECOVER, SHUFFLE ¼ TURN, CROSS BACK & CROSS

2-3 Rock left slightly over right, recover weight on right
4&5 Turn ¼ left, shuffling forward (left, right, left)
6-7 Cross right over left, step back on left
&8 Bring right next to left, cross left over right

SIDE BEHIND, SWEEP BEHIND SIDE STEP, ROCK FORWARD, COASTER STEP

1-2 Step right to right side, cross left behind right
3&4 Sweep right behind left, step left next to right, step right next to left
5-6 Rock forward on left, recover weight on right
7&8 (Coaster step) step back on left, bring right next to left, step forward on right

Now facing 9:00

REPEAT

TAG

There is a 2 count hold at the end of the 4th wall when danced to "In The Shadows".
