

Only A Shadow

拍數: 78 牆數: 2
編舞者: Bob Boesel (USA) - January 2011
音樂: Shadow - Britney Spears

級數: Intermediate / Advanced Waltz



Lead In: 24 counts, weight on right. Dance starts on first heavy beat, approx 10 sec into track.
Phrasing: Three restarts*. Sequence: 78,72,78,72,78,48,72

A. FWD 1/8L, SIDE 1/4L, BACK, BEHIND, FWD 1/8L, FWD

1-3 Step forward 1/8 turn L on L, 1/4 turn L step side on R, step back on L (7:30)
4-6 Step R behind L, 1/8 turn L forward on L, step forward on R (6:00)

B. FWD, SWEEP 1/4L, CROSS, SIDE, BEHIND

1-3 Step forward on L, sweep R forward into 1/4 turn L over two counts (3:00)
4-6 Cross step R over L, step L to side, step R behind L

C. SIDE, DRAG, FWD 1/4R, BACK 1/2R, FWD 1/2R

1-3 Long step side on L, drag R to L over two counts (3:00)
4-6 Turn 1/4 R forward on R, turn 1/2 R back on L, turn 1/2 R forward on R (6:00)

D. LUNGE, HOLD, BACK, FWD 1/2L, FWD

1-3 Lunge forward on L, extend L arm forward over two counts (6:00)
4-6 Recover back on R, turn 1/2 L step forward on L, step forward on R (12:00)

E. FWD, SWEEP 1/8L, CROSS, BACK, TOG

1-3 Step forward on L, sweep R forward into 1/8 turn L over two counts (10:30)
4-6 Cross lock R over L, step back on L, step R next to L (10:30)

F. LUNGE, HOLD, BACK, BACK, BACK

1-3 Lunge forward on L, extend L arm forward over two counts (10:30)
4-6 Recover back on R, step back on L, step back on R (10:30)

G. BACK DRAG, BACK DRAG

1-3 Long step back on L, drag R to L over two counts (10:30)
4-6 Long step back on R, drag L to R over two counts (10:30)

H. FWD, BACK 1/2L, TOG, BACK, FWD 1/2L, TOG

1-3 Step forward on L, turn 1/2 L stepping back on R, step L next to R (4:30)
4-6 Step back on R, turn 1/2 L stepping forward on L, step R next to L (10:30)

* Restart dance here on wall 6. You will be facing 6:00.

I. FWD, 1/8L POINT, HOLD, CROSS, POINT, HOLD

1-3 Step forward on L, turn 1/8 L point R to R side, hold (9:00)
4-6 Cross step R over L, point L to L side, hold (9:00)

J. CROSS, BACK 1/8L, BACK, BEHIND, FWD 1/4L, FWD

1-3 Cross step L over R, turn 1/8 L stepping back on R, step back on L (7:30)
4-6 Step R behind L, turn 1/4 L stepping forward on L, step forward on R (4:30)

K. FWD, 1/8L POINT, HOLD, CROSS, POINT, HOLD

1-3 Step forward on L, turn 1/8 L point R to R side, hold (3:00)
4-6 Cross step R over L, point L to L side, hold (3:00)

L. CROSS, BACK 1/4L, BACK, BACK, FWD 1/2L, FWD

1-3 Cross step L over R, turn 1/4 L stepping back on R, step back on L (12:00)

4-6 Step back on R, turn 1/2 L stepping forward on L, step forward on R (6:00)

*** Restart dance here on walls 2 and 4. You will be facing 12:00 both times.**

M. FWD, HITCH, KICK, BACK, DRAG, DRAG

1-3 Step forward on L, hitch R, kick R forward (6:00)

4-6 Long step back on R, drag L to R over two counts (6:00)

Start dance again from back (6:00) wall.....have fun!
