Shadowlands

Count: 32 **Wall:** 4 **Level:** Improver / Easy Intermediate
Choreographer: Gaye Teather (UK) - June 2014
Music: You're in the Shadow of My Mind - Chris Raddings : (CD: Coming Out of The Shadows)

(94/188 bpm. – dance written as 94 bpm.)

Track available as a single FREE download from www.upcountrymagazine.co.uk

16 count intro - Dance rotates in CW direction

Walk forward x 2. Forward Mambo step. Walk back x 2. Quarter turn Left behind-side-cross

1 – 2	Walk forward Right. Left
3&4	Rock forward on Right. Recover onto Left. Step back on Right
5 – 6	Walk back Left. Right
7&8	Quarter turn Left crossing Left behind Right. Step Right to Right side. Cross Left over Right (Facing 9 o'clock)

Right side rock & cross. Left side rock & cross. Quarter turn Right lock step x 3. Step forward

1&2	Rock Right to Right side. Recover onto Left. Cross Right over Left
3&4	Rock Left to Left side. Recover onto Right. Cross Left over Right
5&	Quarter turn Right stepping forward on Right. Lock Left behind Right
6&	Quarter turn Right stepping forward on Right. Lock Left behind Right
7&	Quarter turn Right stepping forward on Right. Lock Left behind Right (Facing 6 o'clock)
8	Step forward on Right

Forward Mambo step. Coaster cross. Syncopated Rumba box

1&2	Rock forward on Left. Recover onto Right. Step back on Left
3&4	Step back on Right. Step Left beside Right. Cross Right over Left
5&6	Step Left to Left side. Step Right beside Left. Step forward on Left
7&8	Step Right to Right side. Step Left beside Right. Step back on Right

Quarter turn Left side rock. Left cross & heel & Right cross & heel. Together. Forward lock step

1 – 2	Quarter turn Left rocking Left out to Left side. Recover onto Right (Facing 3 o'clock)
3&4	Cross Left over Right. Small step to Right on Right. Touch Left heel diagonally forward Left
&	Step Left beside Right
5&6	Cross Right over Left. Small step to Left on Left. Touch Right heel diagonally forward Right
&	Step Right beside Left
7&8	Step forward on Left. Lock Right behind Left. Step forward on Left

Start again