

Shadows On The Wall

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Gordon Timms (UK)

Music: Help Me Make It Through the Night - John Holt



BASIC RUMBA BOX, LEFT COASTER STEP, ROCK FORWARD, TURN, STEP

- 1&2 Step left to left side, step right next to left, step forward on the left
3&4 Step right to right side, step left next to right, step back on the right
5&6 Step left back, step right next to left, step forward on the left
7&8 Rock right forward, recover on to left, turning ½ turn right step forward on the right (6:00)

STEP PIVOT ¼ TURN AND CROSS, ¼ TURNS TWICE, CROSS STEP, SIDE LEFT MAMBO STEP, RIGHT COASTER STEP

- 1&2 Step forward on the left, pivot turn ¼ right on the ball of right, (weight) cross left over right
3&4 Turning ¼ turn left, step right foot back, ¼ turn left step left to left side, cross right over left
5&6 Rock left to left side, recover on to right, step left next to right
7&8 Step back on the right, step left next to right, step forward on the right (3:00)

STEP PIVOT ¾ TURN RIGHT, BACK ROCK AND POINT, RIGHT SAILOR STEP, ROCK AND CROSS

- 1&2 Step forward on the left, pivoting ¾ turn right on the ball of right, (weight) step left to left side
3&4 Rock back on right behind left, recover on to left, point right to right side
5&6 Sweep right behind left, turning ¼ right on the 2nd step (left), stepping forward on right
7&8 Rock left foot out to the left, and going forward recover on to right cross left over right (3:00)

¼ TURNS TWICE AND CROSS, LEFT COASTER STEP, STOMP, HIP BUMPS X 4, LEFT SIDE SHUFFLE

- 1&2 Turning ¼ turn left, step right foot back, ¼ turn left step left to left side, cross right over left
3&4 Step left back, step right next to left, step forward on the left
5 Stomp right foot forward, spread your hands out sideways palms down!
6&7& Hip bumps left, right, left...and right (weight on right)
8& Step to left side, close right next to left, (1) step left to left side (first count of the dance)

REPEAT

FINISH

There is a long vocal passage at the end of the track. When you come to the 3:00 wall for the second time, drop the hip bumps and go straight into the rumba box. Carry on dancing through and finish facing the front with left foot crossed over right. (start of section 2)