

Me And My Shadow

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Christine Wiltshire (UK)
音乐: Me And My Shadow - Robbie Williams



STEP SIDE, BEHIND & CROSS, STEP, SIDE

1-2 Step right to side, step left behind right
&3-4 Step on ball of right to side, step forward left, step right to side

STEP SIDE, BEHIND & CROSS STEP, SIDE

5-6 Step left to side, step right behind right
&7-8 Step on ball of left to side, step forward right, step left to side

STEP RIGHT, LEFT, RIGHT, LEFT MAKING 1 ¼ TURN RIGHT

9-10 Step right to side, hinge ½ turn, step left
11-12 Step right to side, turning ¼, hinge ½ turn, step on left

Easy option is just step right with ¼ turn right, step on left, then step right to side and bring left up next to right (smaller turn)

RIGHT SHUFFLE, ROCK & RECOVER

13&14 Step right to side, step left beside right, step right to side
15-16 Rock left over right, recover on right

¼ TURN LEFT, WALK FORWARD LEFT, RIGHT, LEFT HINGE FULL TURN, RIGHT

17-18 Turning ¼ to left, walk forward left, right
19-20 Walk forward left, hinge full turn, step on to right foot

Easy option is just walk forward left, right, left, right (no turning)

HALF TURN SHUFFLE, BACK ROCK TWICE

21&22 Shuffle on left, right, left making half turn over left shoulder
23-24 Rock back on right and recover
25&26 Shuffle on right, left, right making half turn over right shoulder
27-28 Rock back on left and recover

STEP ¼ TURN & (LITTLE JUMP) ROCK RIGHT, LEFT

29-30 Step left forward, turning ¼ to right, step right
&31-32 Bring left up to right quickly, step right out to right, rock on left

REPEAT