

# Shadow

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Advanced  
編舞者: Liliana Jüriso (EST) - November 2024  
音樂: Shadow - Livingston



Intro: 8 Counts, Start at approx 6 secs  
Sequence: A, B, A, B, B, A16, ending  
starts facing 1.30

## Part A: 32c

**Diagonal toe-heel strut (2x) with arms, back step (2x) with arms, rise with arm, back step (4x)**

1-2      Diagonal step forward touching R toe to floor (1), drop R heel to the floor (2). (1:30)

**Arms: Keep arms down (1), raise R arm up at a 90-degree angle from the elbow (2).**

3-4      Diagonal step forward touching L toe to floor (3), drop L heel to the floor (4). (1:30)

**Arms: Keep R arm still and L arm down (3), raise L arm up at a 90-degree angle from the elbow (4).**

5-6a      Step back R (5), step back L (6), lift straight R slightly off the ground (a). (1:30)

**Arms: Place R arm gently over chest (5), place L arm gently over chest (6), raise R arm index finger on lips as if signaling "be quiet."**

7&8&      Step back R (7), step back L (&), step back R (8), step back L (&) (1:30)

**Arms: Make yourself comfortable with your arms :)**

## Out-out, back toe-heel-drop, out-out, back toe-heel-rise, step-lock-pop (2x)

1&      Step on R heel forward diagonally to right (1), step on L heel forward diagonally to left (&), (1:30)

2&      Step R back on toe (2), drop R heel stepping L next to R (end weight on L) (1:30)

3&      Step on R heel forward diagonally to right (3), step on L heel forward diagonally to left (&), (1:30)

4&      Step R back on toe lightly touching toe back(4), rise onto R toe stepping L next to R (standing on balls, but weight on L) (1:30)

5-6      Step R forward (5), lock L beside R popping R knee forward (6) (1:30)

7-8      Step R forward (7), lock L beside R popping R knee forward (8) (1:30)

## 1/8 turn, side step - back rock (2x), side rock with hand, step left – together with hand

1-2&      Turn 1/8 left stepping R to right (1), step L behind R (2), recover weight on R (&), (12:00)

3-4&      Step L to left (3), step R behind L (4), recover weight on L (&), (12:00)

5-6      Step R to right (5), recover weight on L (6) , (12:00)

**Head and arms: Turn head to right same time extending R arm to right (5), turn head straight same time bend R arm, cover your eyes with R hand (6).**

7-8      Big step L to left (7), step R next to L (8). (12:00)

**Arms: Lower R arm (7), L arm makes a full circle from front to back (7-8)**

## Side step – touch with hands, full turn, side rock into side pushes, hands, full turn

1-2      Big step L to left (1), touch R next to L (2). (12:00)

**Arms: Spread both arms diagonally apart (L diagonally up and R diagonally down) (1), lower L arm while bringing R fist to heart**

3&4      Turn ¼ right stepping forward on R (3), swinging L leg up from behind to front (&), turn 1/2 R stepping back on L (4) (9:00)

5-6      Turn 1/4 right stepping R to right pushing upper-body to R side (5), step L pushing upper-body to L side (6) (prepare for the turn) (12:00)

**Arms: Move both arms in front of you a □ shape from top to bottom and left-right-left (prepare for the turn)**

7&8      Turn ¼ right stepping forward on R (7), swinging L leg up from behind to front (&), turn 1/2 R stepping back on L (8) (9:00)

## Part B: 32c

**Side step, bending heels turn, back rock, full turn with sweep, back step, 3/8 turn step, full turn**

- 1&2 Turn 1/4 right stepping R to right (1) (at the beginning of the third B, turn only 1/8), bend both knees slightly rising gently onto toes (&), turn 1/4 to left twisting heels 1/4 to right (weight on R) (9:00)
- 3&4 Rock back on L (3), recover weight on R (&), turn 1/2 right stepping L back (4) (3:00)
- 5-6 Turn 1/2 right stepping L forward sweeping L from back to forward (5), cross step L over R (6) (9:00)
- 7-8&1 Step back R (7), turn 3/8 left stepping L forward (8), turn 1/2 left stepping R back, (&), turn 1/2 left stepping L forward (1) (4:30)

**Cross rock, turn 1/8 side step with knee bending, stomps on place (3x), side step, touch back with the arms**

- 2-3 cross step R over L (2), recover weight on L (3) (4:30)
- 4-5 turn 1/8 right stepping R to right side bending both knees (4), stomp L next to R (5) (6:00)

**Body: Move body in a U-shaped motion (4&5)**

- 6-7 stomp R next to L (6), stomp L next to R (7) (6:00)
- 8-1 step R to right side (8), cross L toe touch behind L (1) (6:00)

**Arms & 1: Move both arms O-shaped motion from elbows, starting from bottom and moving counterclockwise (&), finish by directing straight arms diagonally R down.**

**Slow 3/4 unwind turn with arms, jazz box side (2x)**

- 2-3-4 Unwind 1/4 turn left on spot weight on R (2), unwind 1/4 turn left on the spot ending weight on both feet (3), unwind 1/4 turn left on spot ending weight on L (4) (9:00)

**Arms: Move your arms freely, as if you're expressing yourself as a ghost.**

- 5&6 Cross R over L (5), step L back (&), step R to right (6) (9:00)
- 7&8 Cross L over R (5), step R back (&), step L to right (6) (9:00)

**Out-out, in-in, rock (2x), sailor step, sailor step ending**

- 1&2& Step R diagonally forward onto heel (1), step L diagonally forward onto heel (&), step R diagonally back 2), step L next to R (&) (9:00)
- 3&4& Rock R forward (3), recover weight on L (&), rock R to right (4), recover weight on L (&)
- 5&6 Step R behind L (5), step L to L (&), step R diagonally forward (6) (9:00)
- 7&8 Step L behind R (7), step R to L (&), turn 1/8 left stepping L forward (8) (1:30)

**Ending**

- 1 Don't move your leg (direction 01:30), sharply lower your head (direction 12:00)

**Last Update - 12 Mar 2025**

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