

In Your Shadow

64 Count, 4 Wall, Intermediate

Choreographer: Wanda Heldt (Aus) March 2009

Choreographed to: Shady Lady by Ani Lorak,

CD: Eurovision 08; Mercy by Duffy,

CD: Disco Inferno by Marcia Hines;

Billie Jean by Michael Jackson

Start on Vocals

1. R. HEEL TAP, STEP, CROSS, ROCK RECOVER, CROSS SHUFFLE

1&2 Tap Right Heel forward, Step back on Right, Cross Left over Right

3&4 Tap Right Heel forward, Step back on Right, Cross Left over Right

5 -6 Right side Rock, Recover on Left

7&8 Cross Right over Left, Step Left, Cross Right over Left

2. L. HEEL TAP, STEP, CROSS, ROCK RECOVER, CROSS SHUFFLE

1&2 Tap Left Heel forward, Step back on Left, Cross Right over Left

3&4 Tap Left Heel forward, Step back on Left, Cross Right over Left

5 -6 Left side Rock, Recover on Right

7&8 Cross Left over Right, Step Right, Cross Left over Right

3. ROCK FWD, RECOVER, 1&1/2 TRIPLE TURN RIGHT, ROCK RECOVER, LEFT COASTER CROSS

1 -2 Rock forward on Right, Recover on Left

3&4 Triple 1 & 1/2 Turn Right stepping Right, Left, Right [6]

To FINISH dance, 6th Wall at 3:00 Triple to the Front. 1-2 3&4 -5, fwd. L

[Easy Option: Shuffle forward R.L.R.]

5 -6 Rock forward on Left, Recover on Right

7&8 Step back on Left, Step Right next to Left, Step Left over Right

4. SIDE TOGETHER, SIDE SHUFFLE, CROSS, ROCK, 1/4 TURN LEFT, SHUFFLE FWD L.R.L.

1 -2 Step Right, Step left next to Right

3&4 Step Right, Step Left next to Right, Step Right

5-6 Cross Left over Right, Recover on Right

7&8 1/4 Turn Left, Shuffle forward L.R.L [3]

5. 1/2 TURN LEFT, KICK, TOUCH UNWIND, BACK LOCK STEP, TOUCH UNWIND

1 -2 Step forward Right 1/2 turn Left, Kick Left forward

3 -4 Touch Left behind, Unwind 1/2 turn Left, [9]

5&6 Step back on Left, Step right over left, Step back on Left

7 -8 Touch Right behind Left, Unwind 3/4 turn Right [12]

[Note: counts 1 - 8 ... Don't rush the steps]

6. BACK ROCK, SHUFFLE FWD R.L.R., BACK ROCK, SHUFFLE FWD L.R.L.

1 -2 Rock back on Right, Recover on Left [slight 45 angle to right]

3&4 Step Right forward, Step left next to Right, Step Right forward [Square up to 12]

5 -6 Rock back on Left, Recover on Right [Slight 45 angle to Left]

7&8 Step Left forward, Step right next to left, Step Left forward [Square up to 12]

7. TURN 1/4 LEFT, CROSS SHUFFLE, 2 x 1/4 TURN RIGHT, SHUFFLE FORWARD

1 -2 Step forward Right, 1/4 Turn left [wt. on Left] [9]

3&4 Cross Right over Left, Step Left, Cross Right over Left

5 -6 1/4 turn Right step back on Left, 1/4 turn Right step Right [3]

7&8 Step Left forward, Step Right next to Left, Step Left forward

8. 2 x 1/2 MONTEREY TURNS

1 -2 Touch Right Toe to Right side, 1/2 Turn Right step next to Left

3 -4 Touch Left Toe to left side, Step Left next to Right

5 -6 Touch Right Toe to Right side, 1/2 Turn Right step next to Left

7 -8 Touch Left Toe to left side, Step Left next to Right [3]

REPEAT HAVE FUN IN LIFE & IN DANCE
