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Me And My Shadow

32 count, 2 wall, beginner level Choreographer: Irene Groundwater (Canada)

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Choreographed to: Me And My Shadow by Frank Sinatra, CD: Classic Duets (115 bpm); Lonely's Never Been So Much Fun by The Dean Brothers (135 bpm)

16 count intro

Counts 1-32, Counts 1-16, Counts 25-32, Counts (1-32) x 4, Counts 1-16, Counts 25-32 finish on talking.

Or the above and sway sideways to the talking and next 4 beats, then Counts 1-32, Counts 1-16, Counts 25-32, POSE

Country Music: Lonely's Never Been So Much Fun by the Dean Brothers

Dance Pattern: 16 count intro, Counts (1-32) x 9, Counts 1-15, Cross right over Left, unwind and pose

to face front for ending of dance

1-8 SIDE, HOLD, CROSS, HOLD, SIDE, CROSS, SIDE, HOLD

1-2-3-4 Pivot 1/8 turn left on Left Ball as you side step Right, Hold, Cross Left over Right, Hold

5-6 Side step Right, Cross Left over Right

7-8 Side step Right, Hold

(Option – On counts 1 to 8 – Body faces diag forward to the left)

(Option – On counts 1. 5 and 7 – Right hand crosses in front of body to left)

(Option – On counts 3 and 6 – Left hand crosses in front of body to right)

9-16 1/4 TURN RIGHT, HOLD, CROSS, HOLD, SIDE, CROSS, SIDE, HOLD

1-2 Pivot ¼ turn right on Right Ball as you Side step Left, Hold

3-4 Cross Right over Left, Hold

5-6 Side step Left, Cross Right over Left

7-8 Side step Left, Hold

(Option – On counts 1 to 8 - Body faces diag forward to the right)

(Option – On counts 1, 5 and 7 - Left hand crosses in front of body to right)

(Option – On count 3 and 6 – Right hand crosses in front of body to left)

17-24 DIAG FWD, DRAG, DRAG, TAP, DIAG FWD, DRAG, DRAG, TOG

1 Step RIGHT large step diag forward (arms outstretched - Right points to ceiling – Left points to floor)

2 Drag Left towards Right

3-4 Drag LEFT to Right, Tap LEFT toe beside Right instep (Drop arms)

5 Step LEFT large step diag forward (arms outstretched – Left points to ceiling – Right points to floor)

6 Drag RIGHT towards Left

7-8 Drag Right towards Left, Step Right beside Left

(Option – On counts 1 to 4 – Look down to the floor - on the left side to see your shadow)

(Option – On counts 5 to 7 - Look down to the floor - on the right side to see your shadow)

(Option – On count 8 – Look forward)

(Option – On count 7 – Stomp Right beside Left, On count 8 – Hold)

25-32 CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FWD, $\frac{1}{2}$ TURN LEFT

1-2 Cross Left over Right, Side step Right

3-4 Left behind Right, Sweep Right Ball in arc on floor (fwd then to right)

5-6 Right behind Left, Side step Left

7-8 Right forward, Pivot ½ turn left onto Left

(Option – On counts 1 to 3 – Body faces diag forward to the right)

(Option – On count 4 – Extend both arms out waist high to the sides)

(Option – On counts 5 and 6 – Body faces diag forward to the left)

(Option – On count 7 – Extend Right arm forward)

(Option – On count 8 – Extend Left arm forward)