

The Shadow

Description: 40 Count, Partner Dance

Choreographer: Nancy Martin

Music: Fly Like A Bird By: Boz Scaggs
Take It Back By: Reba McIntire
Don't Let Our Love Start Slippin' Away By: Vince Gill

Position: Both facing LOD (Line of Direction) side by side with single handhold

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MAN

1-2 Step with right foot, turning ¼ turn to the right, touch with left toe

*** Now facing partner

3-4 Step with left foot, turn ¼ left and touch with right toe

Now back to facing LOD

5-8 step in place (right, left, right-left).

As lady moves in front of you, her back is to you, right hands at her right hip, left arms extended

9-12 Move forward at a 45 degree angle to the right: step forward with right foot, slide left foot up to right foot, step right forward, slide left foot up to right foot

Weight should remain on right foot

13-16 Move forward at a 45 degree angle to the left: step forward with left foot, slide right foot up to left foot, step left forward, slide right foot up to left foot

Weight should remain on left foot

17-20 Move backward (right, left, right) (on count 20: man steps with weight on left, lady just touches her left)

Drop hand hold

21-24 Right rolling grapevine (right, left, right) touch with left

Man's left hand joins lady's right hand

25-26 Turn ½ turn to the left, with weight on left, touch with right toe

Now both are facing RLOD

Man's right hand joins lady's left hand

27-28 Turn ½ turn to the right with weight on right touch with left toe

Man's left hand joins lady's right hand. Both are back facing LOD. Drop hand hold

29-32 Left rolling grapevine behind his partner (left, right, left), touch with right

Rejoin hands (man's right to lady's left)

33-40 4 shuffle steps forward: (right, left, right, left, right, left, right, left, right, left)

LADY

1-2 Step with left foot, turning ¼ turn to the left, touch with right toe

Now facing partner

3-4 Step with right foot, turning ¼ turn to the right, touch with left toe

Now back to facing LOD

5-8 Switch right hand to his right hand, while executing a left rolling grapevine, (left, right, left), ending in front of (partner), touch right toe

Following steps are executed with same foot until count 20

9-12 Move forward at a 45 degree angle to the right: step forward with right foot, slide left foot up to right foot, step right forward, slide left foot up to right foot

Weight should remain on right foot

13-16 Move forward at a 45 degree angle to the left: step forward with left foot, slide right foot up to left foot, step left forward, slide right foot up to left foot

Weight should remain on left foot

17-20 Move backward (right, left, right) (on count 20: man steps with weight on left, lady just touches her left)

Drop hand hold

21-24 Left rolling grapevine (left, right, left) touch with right

Man's left hand joins lady's right hand

25-26 Turn ½ turn to the right, With weight on right, touch with left toe

Now both are facing RLOD

Man's right hand joins lady's left hand

27-28 Turn ½ turn to the left, with weight on left touch with right toe

Man's left hand joins lady's right hand. Both are back facing LOD. Drop hand hold

29-32 Right rolling grapevine in front of her partner (right, left, right,) touch with left

Rejoin hands (man's right to lady's left)

33-40 4 shuffle steps forward: (left, right, left, right, left, right, left, right, left, right)

REPEAT