

# Shadowlands

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**Count:** 32

**Wall:** 4

**Level:** Improver / Easy Intermediate

**Choreographer:** Gaye Teather (UK) June 2014

**Music:** You're In The Shadow of My Mind by Chris Raddings. Cd: Coming Out of The Shadows

**(94/188 bpm. - dance written as 94 bpm.)**

**Track available as a single FREE download from [www.upcountrymagazine.co.uk](http://www.upcountrymagazine.co.uk)**

**16 count intro - Dance rotates in CW direction**

**Walk forward x 2. Forward Mambo step. Walk back x 2. Quarter turn Left behind-side-cross**

- 1 - 2** Walk forward Right. Left
- 3&4** Rock forward on Right. Recover onto Left. Step back on Right
- 5 - 6** Walk back Left. Right
- 7&8** Quarter turn Left crossing Left behind Right. Step Right to Right side. Cross Left over Right (Facing 9 o'clock)

**Right side rock & cross. Left side rock & cross. Quarter turn Right lock step x 3. Step forward**

- 1&2** Rock Right to Right side. Recover onto Left. Cross Right over Left
- 3&4** Rock Left to Left side. Recover onto Right. Cross Left over Right
- 5&** Quarter turn Right stepping forward on Right. Lock Left behind Right
- 6&** Quarter turn Right stepping forward on Right. Lock Left behind Right
- 7&** Quarter turn Right stepping forward on Right. Lock Left behind Right (Facing 6 o'clock)
- 8** Step forward on Right

**Forward Mambo step. Coaster cross. Syncopated Rumba box**

- 1&2** Rock forward on Left. Recover onto Right. Step back on Left
- 3&4** Step back on Right. Step Left beside Right. Cross Right over Left
- 5&6** Step Left to Left side. Step Right beside Left. Step forward on Left
- 7&8** Step Right to Right side. Step Left beside Right. Step back on Right

## **Quarter turn Left side rock. Left cross & heel & Right cross & heel. Together. Forward lock step**

- 1 - 2** Quarter turn Left rocking Left out to Left side. Recover onto Right (Facing 3 o'clock)
- 3&4** Cross Left over Right. Small step to Right on Right. Touch Left heel diagonally forward Left
- &** Step Left beside Right
- 5&6** Cross Right over Left. Small step to Left on Left. Touch Right heel diagonally forward Right
- &** Step Right beside Left
- 7&8** Step forward on Left. Lock Right behind Left. Step forward on Left

## **Start again**