

ME AND MY SHADOW

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Count: 32

Wall: 2

Level: Beginner / Intermediate

Choreographer: Irene Groundwater

Music: Me And My Shadow by Frank Sinatra

Sequence: 16 count intro, 32, 16, Counts 25-32, 32, 32, 32, 32, 16, 25-32

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 1-8, body faces diagonal 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

¼ 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 1-8, body faces diagonal 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

DIAGONAL FORWARD, DRAG, DRAG, TAP, DIAGONAL FORWARD, DRAG, DRAG, TOGETHER

1 Step right large step diagonal 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 diagonal 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 1-4, look down to the floor on the left side to see your shadow

Option: on counts 5-7, 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

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FORWARD, ½ TURN LEFT

1-2 Cross left over right, side step right

3-4 Left behind right, sweep right ball in arc on floor (forward then to right)

5-6 Right behind left, side step left

7-8 Right forward, pivot ½ turn left onto left

Option: on counts 1-3, body faces diagonal 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 diagonal forward to the left

Option: on count 7, extend right arm forward

Option: on count 8, extend left arm forward

REPEAT