

# The Shadow

Choreographed By: Nancy A. Martin

Description: Couple Dance, danced in a circle starting in side by side position with inside hands joined

Music: 455 Rocket, HonkytonkBadonkadonk

## MAN'S STEPS

1-2 Step forward rRight, turn  $\frac{1}{4}$  turn right  
touch left foot & hand to woman's (facing)  
3- 4 Step  $\frac{1}{4}$  turn to left, touch R (facing LOD )

1 - 4 Four steps in place (R,L,R,L)

## WOMAN'S STEPS

Step forward Left, turn  $\frac{1}{4}$  turn left and touch  
right foot & hand to man's (facing man)  
Step  $\frac{1}{4}$  turn to right , touch left (facing LOD)

Woman switches her right hand in his right  
hand, then she does a left rolling vine (ending In  
front of the man, her back to his chest, right  
hands at waist, left hands extended)

## The next 12 steps are done together:

1 - 4 (At 45 degree angle to right): Step right, step left together; step right, touch left

1 - 4 (At 45 degree angle to left): Step left, step right together; step left, touch right

1 - 4 **Man steps back:** Right, left, right, left **Woman steps back:** Right, left, right, touch left

## MAN'S STEPS

1 - 4 Right rolling vine with touch  
1 - 2 Turning  $\frac{1}{2}$  turn left - step left, (reverse LOD),  
touch with Rt. (switching hands from L to R)  
3 - 4 Turning  $\frac{1}{2}$  turn right – step right, touch left  
(switching hands and facing forward LOD)

## WOMAN'S STEPS

Left rolling grapevine with touch  
Turning  $\frac{1}{2}$  turn right - step right, touch left  
(switching hands from R to L)  
Turning  $\frac{1}{2}$  turn left – step left, touch right  
(switching hands and facing forward LOD)

## Drop hands

1 - 4 **Man:** Left rolling vine with touch (roll behind lady)

1 – 4 **Woman:** Right rolling vine with touch (roll in front of man)

## Rejoin hands

Four Shuffles: Man starts right foot – R-L-R, L-R-L, R-L-R, L-R-L

Woman starts left foot - L-R-L, R-L-R, L-R-L, R-L-R

Repeat