

In The Shadows

64 count, 4 wall, intermediate level

Choreographer: Geri Morrison (UK) May 2004
Choreographed to: In The Shadows by The Rasmus,
Album Dead Letters or single(110 bpm); Here for The
Party by Gretchen Wilson, Album Here For The Party
(128 bpm)

32 COUNT INTRO FROM THE HEAVY BEAT, ON THE VOCALS (32 count intro)

SECTION 1: Walk Forward, Shuffle Forward, Pivot 1/2 Right, Triple Right Turn,

1-2 Walk Forward Right, Left,
3&4 Shuffle Forward (Right, Left, Right)
5-6 Step Forward on Left Pivot 1/2 Turn Right,
7&8 Triple 1/2 Turn Right (Left, Right, Left)

SECTION 2: Unwind 1/2 Turn Right, Cross Step Back, Sailor Step X 2

1-2 Cross Right Behind, Unwind 1/2 Turn Right,
3-4 Cross Left Over Right, Step Back on Right,
5&6 (Left Sailor) Cross Left Behind Right, Step Right Next to Left, Step Left To Left,
7&8 (Right Sailor) Cross Right Behind Left, Step Left Next to Right, Step Right to Right,
(Now facing 6 o'clock) Travelling Back on Sailors,

SECTION 3: Sway 1/4 Turn Left, Coaster Step, Cross Unwind, 3/4 Cross Shuffle.

1-2 Sway Left Stepping To Left Side, Recover Weight on Right Swaying Right Turning 1/4 Left,
3&4 (Coaster Step) Step Back On Left, Bring Right beside Left, Step Forward on Left,
5-6 Cross Right Over Left, Unwind 3/4 Left, (weight on left)
7&8 (Cross Shuffle) Cross Right Over Left, Step Left to Left Side, Cross Right Over Left,

SECTION 4: Side Rock, Cross Shuffle, Big Step Slide, Rock and Cross,

1-2 Rock Left to Left Side, Recover Weight on Right,
3&4 (Cross Shuffle) Cross Left Over Right, Step Right to Right, Cross Left Over Right,
5-6 Long Step Right to Right Side, Slide Left Beside Right Ending With a Touch,
7&8 Rock Left to Left, Recover Weight on Right, Cross Left over Right,

SECTION 5: Monterey, Rock and Cross, 1/2 Turn, Cross Rock,

1-2 Touch Right to Right Side, Turn 1/2 Right Stepping Right Beside Left,
3&4 Rock Left To Left Side, Recover Weight on Right, Cross Left over Right,
5-6 Step Back 1/4 Turn Left on Right, Step Left to Left Side Turning 1/4 Turn Left,
7-8 Rock Right Slightly over Left, Recover Weight on Left, (Now facing 6 o'clock)

SECTION 6: & Cross Point, Kick & Cross, Step 1/4 Right, 1/4 Turn Rock & Cross, Chasse Right,

& 1-2 Step Right Next To Left, Cross Left over Right, Point Right to Right Side,
3&4 Kick Right Foot Forward, Step Right Next To Left, Cross Left over Right,
5 Step Right 1/4 Right,
6&7 Rock Left to Left Side Turning 1/4 Right, Recover Weight on Right, Cross Left over Right,
8&1 (Chasse Right) Step Right to Right Side, Bring Left beside Right, Step Right to Right Side
(Now facing 12 o'clock)

SECTION 7: Rock Recover, Shuffle 1/4 Turn, Cross Back & Cross,

2-3 Rock Left Slightly over Right, Recover Weight on Right,
4&5 Turn 1/4 Left, Shuffling Forward (Left, Right, Left)
6-7 Cross Right over Left, Step Back on Left,
&8 Bring Right Next to Left, Cross Left over Right,

SECTION 8: Side Behind, Sweep behind Side Step, Rock Forward, Coaster Step,

1-2 Step Right to Right Side, Cross Left Behind Right,
3&4 Sweep Right behind Left, Step Left Next to Right, Step Right Next to Left
5-6 Rock Forward on Left, Recover Weight on Right,
7&8 (Coaster Step) Step Back on Left, Bring Right Next to Left, Step Forward on Right, (Now facing 9 o'clock)

Choreographers note: there is a 2 count Hold at the end of the 4th wall when danced to "In the Shadows" (Just Hold)
