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## Me And My Shadow

32 count, 2 wall, beginner level Choreographer: Irene Groundwater (Canada) Sept 2006
Choreographed to: Me And My Shadow by Frank Sinatra, CD: Classic Duets ( 115 bpm ); Lonely's Never Been So Much Fun by The Dean Brothers ( 135 bpm)

## 16 count intro

Counts 1-32, Counts 1-16, Counts 25-32, Counts (1-32) x 4, Counts 1-16, Counts 25-32 finish on talking.
Or the above and sway sideways to the talking and next 4 beats, then Counts 1-32, Counts 1-16, Counts 25-32, POSE

Country Music: Lonely's Never Been So Much Fun by the Dean Brothers
Dance Pattern: 16 count intro, Counts (1-32) x 9, Counts 1-15, Cross right over Left, unwind and pose to face front for ending of dance

## 1-8 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 to 8 - Body faces diag 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)

## 9-16 ¼ TURN RIGHT, HOLD, CROSS, HOLD, SIDE, CROSS, SIDE, HOLD

1-2 Pivot $1 / 4$ 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 to 8 - Body faces diag 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)

## 17-24 DIAG FWD, DRAG, DRAG, TAP, DIAG FWD, DRAG, DRAG, TOG

1 Step RIGHT large step diag 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 diag forward (arms outstretched - Left points to ceiling - Right points to
floor)
$6 \quad$ Drag RIGHT towards Left
7-8 Drag Right towards Left, Step Right beside Left
(Option - On counts 1 to 4 - Look down to the floor - on the left side to see your shadow)
(Option - On counts 5 to 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)

## 25-32 CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, FWD, $1 ⁄ 2$ TURN LEFT

1-2 Cross Left over Right, Side step Right
3-4 Left behind Right, Sweep Right Ball in arc on floor (fwd then to right)
5-6 Right behind Left, Side step Left
7-8 Right forward, Pivot $1 / 2$ turn left onto Left
(Option - On counts 1 to 3 - Body faces diag 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 diag forward to the left)
(Option - On count 7 - Extend Right arm forward)
(Option - On count 8-Extend Left arm forward)

