

Shadowboxing



www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 64 Count 2 Wall Intermediate Level Dance.
Choreographed by: Dee Musk (UK) Mar 2025
Choreographed to: Shadowboxing by Tom Grennan
Intro: 48 Counts. Start at approx 22 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

| SEC 1 1-2 | STEP, KICK, TOUCH, HEEL TWISTS X 2, HITCH, BACK TOUCH Step forward on L, kick R forward |
|------------------|---|
| 3-5 | Touch R toe back, twist both heels L, twist both heels centre (weight on R |
| 6-8 | Hitch L knee, step back L, touch R beside L |
| | Then Elines, step basic E, teach it boside E |
| SEC 2 | STEP, HOLD, BALL, ¼ CROSS, ¼ BACK, ¼ SIDE, HOLD, BALL, CROSS, POINT |
| 1-2 | Step forward on R, hold |
| &3-4 | Step L beside R, ¼ turn R crossing R over L, ¼ turn R stepping back on L (6:00) |
| 5-6 | ½ turn R stepping R to R side, hold (9:00) |
| &7-8 | Step L beside R, cross R over L, point L to L side |
| SEC 3 | 1/4 BESIDE, POINT, TOUCH, POINT, CROSS, HOLD, BALL, CROSS, 1/4 STEP |
| 1-2 | 1/4 turn L stepping L beside R, point R to R side |
| 3-4 | Touch R across L, point R to R side |
| 5-6 | Cross step R behind L, hold |
| &7-8 | Step L beside R, cross R over L, make 1/4 turn L stepping forward on L (3:00) |
| SEC 4 | JAZZ BOX ¼, JAZZ BOX ¼ CROSS |
| 1-2 | Cross R over L, make ¼ turn R stepping back on L |
| 3-4 | Step R to R side, step forward on L |
| 5-6 | Cross R over L, make ¼ turn R stepping back on L (9:00) |
| 7-8 | Step R to R side, cross L over R (9:00) |
| SEC 5 | SIDE ROCK, BEHIND, SIDE ROCK, BEHIND, SIDE ROCK |
| 1-3 | Rock R to R side, recover weight to L, cross step R behind L |
| 4-6 | Rock L to L side, recover weight to R, cross step L behind R |
| 7-8 | Rock R to R side, recover weight to L |
| SEC 6 | BEHIND, SIDE, CROSS, SWEEP, CROSS ROCK, SIDE ROCK |
| 1-2 | Cross step R behind L, step L to L side |
| 3-4 | Cross R over L, sweep L to in front of R |
| 5-6 | Cross rock L over R, recover weight to R |
| 7-8 | Rock L to L side, recover weight to R (9:00) |

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| SEC 7 1-2 &3-4 5-6 7-8 | BEHIND, HOLD, BALL, CROSS, ¼ STEP, ROCKING CHAIR Cross step L behind R, hold Step R beside L, cross L over R, make ¼ turn R stepping forward on R Rock forward on L, recover weight to R Rock back on L, recover weight to R (12:00) |
|-------------------------------|--|
| SEC 8 1-2 3-4 5-6 7-8 | JAZZ BOX ¼, JAZZ BOX ¼ Cross L over R, make ¼ turn L stepping back on R Step L to L side, step forward on R Cross L over R, make ¼ turn L stepping back on R Step L to L side, step forward on R (6:00) |
| Ending | After 56 counts of Wall 5, Replace Jazz box Turns Left, with Jazz boxes in place |

