

Shadows And Light

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Record: CD, Prandi Sound, Dance Super Stars Vol. 6, Track 5
Footwork: opp., exceptions noted
Rhythm & Phase: WZ, II
Sequence: INTRO – A – B – INTLD – A – B – C – END

INTRO

1 - 4 (OP FCG) WAIT 2;; APT & PT; PU & TCH;

1-4 In OP fac DLW wait 2 meas;; Apt L, pt R twd ptr, -; Tog R (W: trn LF to CP), tch L to R, -;

PART A

1 - 4 1 LEFT TURN; BACK WALTZ; 2 RIGHT TURNS;;

1-2 In CP LOD trn ½ LF fwd L, sd R, cl L to end CP RLOD; Prog LOD bk R, bk L, cl R;

3-4 In CP RLOD trn ¼ RF bk L, sd R, cl L to end CP DLC; In CP RLOD trn 1/8 RF fwd R, fwd L, cl R to end CP LOD;

5 - 8 FWD WALTZ; MANEUVER, SD, CL; 2 RIGHT TURNS;;

5-6 Prog LOD fwd L, fwd R, cl L; Fwd R trn ½ RF, sd L, cl R;

7-8 Repeat actions meas 3-4 PART A to BFLY WALL;;

PART B

1 - 4 WALTZ AWAY; TWINKLE THRU TWICE;; PU IN 3;

1-2 Sd & fwd L to OP LOD, fwd R, cl L; Fwd R (W: fwd L), sd L & trn ½ RF (W: LF), cl R to LOP RLOD;

3-4 Fwd L (W: fwd R), sd R & trn ½ LF (W: RF), cl L to LOP RLOD; Fwd R (W: fwd L trn LF to CP), sd L, cl R to CP LOD;

5 - 8 1 LEFT TURN; BACK WALTZ; 2 RIGHT TURNS;;

5-8 Repeat actions meas 1-4 PART A;;;;

INTLD

1 - 4 LEFT TRNG WALTZ BOX;;;;

1-2 Fwd L trn ¼ LF, sd R, cl L to CP COH; Bk R trn ¼ LF, sd L, cl R to CP RLOD;

3-4 Fwd L trn ¼ LF, sd R, cl L to CP WALL; Bk R trn ¼ LF, sd L, cl R to CP LOD;

PART C

1 - 4 2 LEFT TURNS;; DIP BACK, -, -; MANEUVER, SD, CL;

1-2 Fwd L trn 3/8 LF, sd R, cl L to CP DRW; Bk R trn 3/8 LF, sd L, cl R to CP WALL;

3-4 Dip bk L and hold POS, -, -; Repeat actions meas 6 PART A;

5 - 8 2 RIGHT TURNS;; VINE/TWIRL 3; PU IN 3;

5-6 Repeat actions meas 3-4 PART A to BFLY FCG WALL;;

7-8 Sd L, XRIB, sd L (W: sd & fwd R twd LOD com RF trn undr jnd ld hnds, fwd L keep trn, sd R to BFLY);

Repeat actions meas 4 PART B;

END

1 - 4 1 LEFT TURN; BACK WALTZ; 2 RIGHT TURNS;;

1-4 Repeat actions meas 1-4 PART A to end CP FCG WALL;;;

1 STEP APART, -, -;

1 Release CP, trl hnds sliding along ptrs arms and jn to OP step sd & bk L (W: sd & bk R) look at ptr, -, -;