

ME AND MY SHADOW

CE BY: Ty and Ann Rotruck, 1375 Iola St., Aurora, Colorado 80010 (303) 341-9954  
 RECORD: HI-HAT No. 875 (Flip of Born to Lose)  
 POSITION: DIAG OP FCG LOD AND WALL for INTRO CP LOD for DANCE  
 FOOTWORK: OPPOSITE - DIRECTIONS FOR MAN  
 SEQUENCE: INT AA B CC A(MEAS 1-8)B(9-15) END

MEAS

1-2 WAIT WAIT 1-2 OP FCG DIAG LOD and WALL wait 2 MEAS;;  
 3-4 APT POINT TOG TCH 3-4 STP APT L,-, PT R,-; TOG R to CP,-, TCH L,-;

INTRODANCE

1-2 TWO FWD TWO-STEPS 1-2 In CP do 2 fwd 2-steps down LOD L,R,L,-; R,L,R,-;  
 3 PROG SISSOR TO SCAR 3 Sd L, clo R to L, XLIF of R (W XIB) to SCAR M fcg LOD,-;  
 4 PROG SISSOR TO BJO 4 Sd R, clo L to R, XRIF of L (W XIB) to BJO M fcg LOD,-;  
 5 TWO FWD LOCKS 5 Fwd L, LK RIB of L, FWD L, LK RIB OF L;  
 6 WALK AND FACE 6 Fwd L,-, fwd R trng 1/4 RF to CP fcg wall,-;  
 7-8 TWO TRNG TWO-STEPS 7-8 Do 2 RF trng 2-steps down LOD L,R,L,-; R,L,R,-(end CP LOD);  
 9-16 REPEAT MEAS 1-8 PART A ENDING IN BFLY FCG WALL

PART B

1 VINE THREE 1 In BFLY step sd L, XRIB of L (W XIB also), sd L, tch R;  
 2 WRAP THREE 2 M holds W's hands wrap W left face to M's right sd as M  
 steps in place R,L,R,tch (end fcg wall)(W steps L,R,L,tch);  
 3 UNWRAP THREE 3 Let go M's L & W's R hand and unwrap W right face to LOP  
 fcg WALL as M steps in place L,R,L,tch (W steps R,L,R,tch);  
 CHANGE SIDES 3 BFLY 4 Chg sds W under M's R hand to BFLY fcg COH R,L,R,-; (W L,R,L,-;)  
 REPEAT MEAS 1-4 ENDING IN OP fcg LOD  
 9-10 HITCH DOUBLE 9-10 In OP fcg LOD step fwd LOD on L, clo R to L, bk on L,-;  
 Step bk on R, clo L to R, fwd on R blending to OP fcg WALL,-;  
 11-12 SISSORS THRU A PAIR 11-12 Step sd L, clo R to L, XLIF of R (W XIF also) to LOP,-;  
 Step sd R, clo L to R, XRIF of L (W XIF also) to BFLY fcg WALL,-;  
 13 LIMP FOUR 13 Step sd L, XRIB of L (W XIB also), sd L, XRIB of L (W XIB also);  
 14 WALK AND MANUEVER 14 Step fwd L blending to SCP,-, Manuever to CP fcg RLOD,-;  
 15 SLOW PIVOT 2 TO SCP 15 Step back of L starting a RF Pivot,-, fwd R to SCP,-;  
 16 WALK TWO TO OP 16 Step fwd L,-, fwd R blending to OP,-;

PART C

1-4 CIRCLE CHASE 1-4 Both M & W circle LF toward COH two fwd 2-Steps (L,R,L,-;  
 R,L,R,-;) W trailing and circling to solo position fcg RLOD  
 outside of M and continue LF circle toward Wall two fwd 2-Steps  
 (L,R,L,-; R,L,R,-;) to OP fcg LOD  
 5 VINE APART THREE 5 Step sd L; XRIB of L (W XIB also), sd R, tch;  
 6 VINE TOG THREE 6 Step sd R, XLIB of R (W XIB also), sd L, tch to OP fcg LOD;  
 7-8 HITCH FOUR WALK TWO 7-8 Fwd L, clo R to L, bk L, clo R to L; fwd L,-, fwd R,-;  
 9-16 REPEAT MEAS 1-7 and in MEAS 8 DO A WALK,-, PICKUP to CP FCG LOD,-;  
 REPEAT PART A(1-8) B(9-15)

ENDING

1 APART POINT 1 Second time thru PART B (MEAS 9-16) change meas 16 to step  
 Apart L,-, point R twd ptr,-;