

# B48

ME AND MY SHADOW

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Record: Hi-Het 875 (Flip of Born To Lose)  
Position: INTRO - DIAC OP FCG M FC LOD & WALL. DANCE - CP LOD.  
Footwork: Opposite, directions for M (except where noted)  
Sequence: INTRO. A, A, B, C, C, A(MEAS 1-8), B(MEAS 9-15), ENDING.

INTRO: WAIT; WAIT; APART, -, POINT, -; TOG TO CP LOD, -, TOUCH, -;

1-2 Wait 2 Meas in Op Fcg M fcg LOD & WALL,;

3-4 Step apt L, -, pt R, -; Tog to CP M fcg LOD, -, tch L to R,

PART A

(CP LOD)FWD TWO-STEP; FWD TWO-STEP; (PROG)SCISSORS, TO, SCAR, -; SCISSORS, TO, BJO, -;

1-2 In CP M fcg LOD do 2 Fwd Two-steps down LOD L, R, L, -; R, L, R, -;

3-4 (Prog Scis)Sd L, cl R to L, XLIF(WXRIB) to Scar M fcg LOD, -; Sd R, cl L to R, XRIF (WXRIB) to Bjo M fcg LOD, -;

FWD, LK, FWD, LK; FWD, -, FACE, -; TRN TWO-STEP; TRN TWO-STEP;

5-6 Bjo M fwd L LOD, XRIB of L, fwd L, XRIB of L; Walk fwd LOD L, -, R trn RF 1/2 M fc wall in CP, -;

7-8 Do 2 RF trning Two-steps down LOD L, R, L, -; R, L, R to end CP M fcg LOD, -;

(9-16) REPEAT ACTION OF MEAS 1-8 PART A TO END IN BFLY POS M FCG WALL;

PART B

(BFLY WALL)VINE, 2, 3, TCH; WRAP, 2, 3, TCH; UNWRAP, 2, 3, TCH; CHANGE SIDES, 2, 3, TCH;

1-2 In Bfly M fcg wall Vine sd L, XRIB of L, sd L, tch R(WXIB also); M holds W's hands W wraps LF to M's right side as M steps in place R, L, R, tch L to end fcg wall (W steps L, R, L, tch R trning LF);

3-4 release M's L & W's R hands and unwrap W RF to L-OP fcg wall M steps in place L, R, L, tch R (W steps R, L, R, tch trning RF); Chg sides W under M's R hand to Bfly M fcg CDH M steps R, L, R, tch(W L, R, L, tch);

(5-8) REPEAT MEAS 1-4 PART B ENDING IN OP FCG LOD;

(OP LOD)(DOUBLE HITCH)FWD, CL, BK, -; BK, CL, FWD, -; SCISSORS, THRU, TO L-OP, -; SCISSORS, THRU, TO BFLY, -;

9-10 Double Hitch fwd L, cl R, bk L, -; Bk R, cl L, fwd R blending to OP M fcg wall, -;

11-12 Scis Thru sd L, cl R to L, XLIF(WXRIF), to L-OP fcg RLDD, -; Sd R, cl L to R, XRIF of L(WXLIF) to Bfly M fcg wall, -;

(BFLY)LIMP, 2, 3, 4; FWD, -, MANUV, -; PIVOT RF, -, 2, -; (SCP LOD)WALK FWD, -, 2, -;

13-14 Bfly Limp LOD sd L, XRIB(WXLIB), sd L, XRIB of L(WXLIB); Blend to SCP walk fwd L LOD, -, manuv to CP M fcg RLDD on R, -;

15-16 Step bwd on L into a RF pivot, -, fwd R to SCP LOD, -; Walk fwd L, -, fwd R blending to OP, -;

PART C

(OP LOD CIRCLE CHASE)TWO-STEP LF TWO CDH; TWO-STEP TO FC RLDD; TWO-STEP TO FC WALL; CONT TWO-STEP LF TO FC LOD;

1-4 Both M & W circle LF twd CDH 2 fwd Two-steps L, R, L, -; R, L, R, -; W trailing and circling to solo pos fcg RLDD outside of M & cont LF circle twd wall 2 fwd Two-steps L, R, L, -; R, L, R to end OP fcg LOD, -;

VINE APT, 2, 3, TCH; VINE TOG, 2, 3, TCH; (OP LOD)HITCH FWD, CL, BK, CL; WALK FWD, -, 2, -;

5-6 Vine apt sd L, XRIB(WXLIB), sd L, tch R; Vine tog sd R, XLIB(WXRIB), sd R, tch L;

7-8 OP LOD Hitch fwd L, cl R to L, bk L, cl R to L; Walk fwd L, -, fwd R, -;

(9-16)REPEAT ACTION OF MEAS 1-7 PART C. FOR MEAS 8 WALK FWD, -, PICKUP W TO CP M FC LOD, -;

REPEAT PART A(MEAS 1-8). PART B(MEAS 9-15). END:APART, -, POINT, -;

Second time thru Part b(Meas 9-15)Change Meas 16 to step APART L, -, point R, -;