

# ME AND MY SHADOW III

CHOREOGRAPHER: Debbie & Paul Taylor  
ADDRESS: 1350 Sunlight Drive, Cle Elum, WA 98922  
MUSIC: Me and My Shadow (Foxtrot)  
RHYTHM: Foxtrot  
PHASE: Phase III (OPT. Diamond Turn)  
FOOTWORK: Opposite Throughout (*Lady's Footwork*)

PHONE: 425-387-1600 or 509-293-1110  
E-MAIL: [debbie@rdcuers.com](mailto:debbie@rdcuers.com) [www.rdcuers.com](http://www.rdcuers.com)  
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ARTIST: Brisbane Ballroom Dance Favourites  
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## INTRODUCTION

- 1 CP LOD WAIT 3 BEATS ONLY , , ,  
1 CP LOD ld ft free wait , , ,

## PART A

- 1 – 4 PROGRESSIVE BOX ; ; 2 LEFT TURNS ; ;  
1-2 Fwd L, -, sd R, cl L ; Fwd R, -, sd L, cl R ;  
3-4 Fwd L comm LF uppr bdy trn, -, cont trn sd & bk R, cl L ; [CP DRC]  
Bk R comm LF uppr bdy trn, -, cont trn sd & fwd L, cl R ; [CP WALL]
- 5 – 8 TWISTY VINE 3 ; FWD FC CL ; BOX ; ;  
5-6 Sd L comm RF trn, -, XRIB SCAR, sd ; Comm LF trn XRIF, -, sd L, cl R ; [CP WALL]  
7-8 Fwd L, -, sd R, cl L ; Bk R, -, sd L, cl R ;
- 9 – 12 WHISK ; WING ; TURN LF & RT CHASSE TO BJO ; BK BK LK BK ;  
9-10 Fwd L, -, fwd & sd R rising ro ball of ft, XLIB to tight SCP ; Fwd R, -, draw L, tch L to R trng upper  
body LF to SCAR DLC ;  
11-12 Fwd L comm LF uppr bdy trn, -, sd R cont LF trn/cl L, sd & bk R ; [BJO DRC]  
Bk L, -, bk R/lk L, bk R ;
- 13-16 IMPETUS TO SEMI ; THRU HOVER TO BJO ; BACK HOVER TO SCP ; THRU FC CL ;  
13-14 Comm RF trn bk L, -, cl R [heel turn] cont RF trn, complete RF trn fwd L in SCP DLC ;  
Thru R, -, fwd L slight rise & LF uppr bdy trn, rec R ; (*Thru L, -, fwd & sd R trng LF, rec L ;*) [BJO DLC]  
15-16 Bk L, -, sd & bk R slight rise, rec L ; (*Fwd R, -, trng RF fwd & sd L, rec R ;*)  
Thru R, -, trn RF to fc ptr sd L, cl R ;

## PART B

- 1 – 4 HOVER ; THRU CHASSE TO BJO ; FWD FWD LK FWD ; MANUEVER ;  
1-2 Fwd L, -, fwd & slightly sd R rising, sd & fwd L to SCP ; Thru R comm RF trn, -, fcg ptr in CP sd L/cl R,  
sd & fwd L (*Thru L comm LF trn, -, in CP sd R/cl L, cont LF trn sd & bk R ;*) [BJO DLW]  
3-4 Fwd R, fwd L/lk RIB, fwd R ; Comm RF trn fwd R, -, cont RF trn to fc ptr sd L, comp RF trn cl R ;
- 5 – 8 SPIN OVER TURN ; BK & CHASSE TO BJO ; FWD CHASSE TO SCP ; PICKUP ;  
5-6 Comm RF uppr body trn bk L pivoting ½ RF, -, fwd R betwn W's ft cont RF trn, comp trn sd & bk L ;  
[CP DRW] Bk R comm LF trn, -, cont LF trn sd L/cl R [CP WALL] , sd & fwd L ; [BJO DLW]  
7-8 Fwd R comm RF trn, -, sd L/cl R [CP WALL], sd & fwd L ; [SCP LOD]  
Thru R, -, comm LF uppr bdy trn sd & fwd L Idg W to CP, cl R ; [CP LOD]

REPEAT PART A 1 – 8]

## PART C

- 1 – 4 HOVER ; MANEUVER ; SPIN TURN ; BOX FINISH ;  
1-2 Fwd L, -, fwd & slightly sd R rising, sd & fwd L to SCP ; Comm RF trn fwd R, -, cont RF trn to fc ptr sd L,  
comp RF trn cl R ; [CP RLOD]  
3-4 Comm RF uppr body trn bk L pivoting ½ RF, -, fwd R tetwn W's ft cont RF trn, rec bk L ; [CP DLW]  
Bk R, -, trn ¼ LF sd L, cl R ; [CP DLC]
- 5 – 8 LEFT TURNING BOX [\*OPT. DIAMOND TURN] ; ; ; ;  
5-6 Fwd L, -, trn ¼ LF sd R, cl L ; Bk R, -, trn ¼ LF sd L, cl R ;  
7-8 Fwd L, -, trn ¼ LF sd R, cl L ; Bk R, -, trn ¼ LF sd L, cl R ;
- 9 – 12 2 LEFT TURNS ; ; WHISK ; THRU CHASSE TO SEMI ;  
9-10 Fwd L comm LF uppr bdy trn, -, cont trn sd & bk R, cl L ; [CP DRC]  
Bk R comm LF uppr bdy trn, -, cont trn sd & fwd L, cl R ; [CP WALL]  
11-12 Fwd L, -, fwd & sd R rising ro ball of ft, XLIB to tight SCP ; Thru R comm RF trn, -, fcg ptr in CP  
sd L/cl R, sd & fwd L (*Thru L comm LF trn, -, in CP sd R/cl L, open head sd & fwd R ;*) [SCP DLC]

## Part C Cont.

**13-16 THRU CHASSE TO SEMI ; MANEUVER ; IMPETUS TO SEMI ; PICKUP TO SIDECAR ;**

13-14 Thru R comm RF trn, -, fcg ptr in CP sd L/cl R, sd & fwd L (*Thru L comm LF trn, -, in CP sd R/cl L, open head sd & fwd R ;*) [SCP LOD]

Comm RF trn fwd R, -, cont RF trn to fc ptr sd L, comp RF trn cl R ; [CP RLOD]

15-16 Comm RF trn bk L, -, cl R [heel turn] cont RF trn, complete RF trn fwd L in SCP DLC ;

Thru R, -, trng RF sd L, cl R ; (*Thru L comm LF trn, -, sd & fwd R, cl L ;*) [SCAR DLW]

**17 – 20 CROSS HOVER 3 X ; ; ; FWD FC CL [FC WALL] ;**

17-18 Fwd L w/slight Xing action, -, trn ¼ LF sd & fwd w/rise R, fwd & sd L ; [BJO DLC]

Fwd R w/slight Xing action, -, trn ¼ RF sd & fwd w/rise L, fwd & sd R ; [SCAR DLW]

19-20 Fwd L w/slight Xing action, -, trn ¼ LF sd & fwd w/rise R, fwd & sd L ; [BJO DLC]

Fwd R comm RF trn, -, cont RF trn fc wall sd L, cl R ; [CP WALL]

**19 – 22 INTERRUPTED BOX ; ; ; ;**

19-20 Fwd L, -, sd R, cl L ; Bk R w/slight RF uppr body trn raise ld hnds, -, sd L ldg W to begin

RF curve, cl R ; (*Fwd L w/slight RF trn, -, curve fwd R comm RF crcl under jnd ld hnds, Crv L fwd ;*)

21-22 Fwd L, -, sd R, cl L to CP ; Bk R, -, sd L, cl R ; (*Crv fwd R, -, crv fwd L, crv fwd R comp full RF trn under jnd ld hnds ; Fwd L, -, sd R, cl L ;*) [CP WALL]

REPEAT PART A 9 - 16

**ENDING****1-2 SIDE DRAW CL ; DIP BK & OPT. LEG CRAWL ;**

1-2 CP WALL sd L, -, draw R to L, cl R ;

Bk L lvg R leg extended fwd, -, lower, - ;

**\*OPTION FOR PART C MEAS. 5 – 8 [DIAMOND TURN]**

5-6 Fwd L comm LF uppr body trn, -, cont LF trn sd R, X bk L w/ptr in BJO ; [BJO DRC]

Bk R comm LF trn, -, cont LF trn sd L, X R fwd ; [BJO DRW]

7-8 Fwd L comm LF uppr body trn, -, cont LF trn sd R, X bk L w/ptr in BJO ; [BJO DLW]

Bk R comm LF trn, -, cont LF trn sd L, X R fwd ; [BJO DLC]

## ME AND MY SHADOW

PHASE III + 1 FOXTROT  
(DIAMOND TURN)

INTRO: WAIT 3 BEATS ;

A: PROG BOX ; ; 2 LEFT TURNS ; ;  
TWISTY VINE 3 ; FWD FC CL ;  
BOX ; ; WHISK ; WING ;  
TURN LF & RT CHASSE TO BJO ;  
BK BK LK BK ; IMPETUS TO SEMI ;  
THRU HOVER TO BJO ;  
BK HOVER TO SEMI ; THRU FC CL ;

B: HOVER ; THRU CHASSE TO BJO ;  
FWD FWD LK FWD ; MANUVER ;  
SPIN OVER TURN ; BK & CHASSE TO BJO ;  
FWD CHASSE TO SEMI ; PICKUP ;

A: PROG BOX ; ; 2 LEFT TURNS ; ;  
TWISTY VINE 3 ; FWD FC CL ; BOX ; ;

C: HOVER ; MANUVER ;  
SPIN TURN ; BOX FINISH ;  
DIAMOND TURN ; ; ; ;  
2 LEFT TURNS ; ;  
WHISK ; THRU CHASSE TO SEMI 2 X ; ;  
MANUVER ;  
IMPETUS TO SEMI ; PICKUP TO SDCR ;  
CROSS HOVER 3 X ; ; ; FWD FC CL ;  
INTERRUPTED BOX ; ; ; ;

A: WHISK ; WING ;  
TURN LF & RT CHASSE TO BJO ;  
BK BK LK BK ; IMPETUS TO SEMI ;  
THRU HOVER TO BJO ;  
BK HOVER TO SEMI ; THRU FC CL ;

END: SD DRAW CL ;  
DIP BK & OPT LEG CRAWL ;

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(Brisbane Ballroom Dance Combo)

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