

# ME AND MY SHADOW CHA

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Record: S.T.A.R. 520 (with Good Lovin') available Palomino Records or choreo

Footwork: Opposite unless noted (Woman's footwork in parentheses) 2:22 at speed on CD  
Timing in margin refers to weight changes only

Rhythm & Phase: Cha Cha Phase IV + 1 (Single Cuban)

Sequence: **Intro A B C B Ending**

MEAS:

## INTRO

### 1-4 TANDEM WALL MAN IN FRONT L FOOT FREE BOTH WAIT 2 ; :

#### CUCARACHA TWICE ; :

- 1-2 TANDEM WALL, Man in front, L ft free for both wait 2 meas ; ;  
3-4 {CUCARACHA TWICE} Sd L, rec R, cl L/in pl R, L ; sd R, rec L, cl R/ in pl L, R end TANDEM WALL M in front ;

## PART A

### 1-4 TRAVELING DOOR ; SD WALK ; SPOT TURN TWICE ; :

- 1 {TRAVELING DOOR} TANDEM WALL M in front SAME FOOTWORK sd L, rec R, XLIF/sd R, XLIF ;  
2 {SD WALK} Sd R, cl L, sd R/cl L, sd R ;  
3-4 {SPOT TURN TWICE} Swiveling 1/4 RF on R fwd L, swiveling 1/2 RF on L fwd R, swiveling 1/4 RF on R sd L/cl R, sd L ; swiveling 1/4 LF on L fwd R, swiveling 1/2 LF on R fwd L, swiveling 1/4 LF on L sd R/cl L, sd R end TANDEM WALL M in front ;

### 5-8 CRAB WALK ; TRAVELING DOOR ; SD WALK ; CRAB WALK ;

- 5 {CRAB WALK} TANDEM WALL M in front SAME FOOTWORK XLIF, sd R, XLIF/sd R, XLIF ;  
6 {TRAVELING DOOR} Sd R, rec L, XRIF/sd L, XRIF ;  
7 {SD WALK} Sd L, cl R, sd L/cl R, sd L ;  
8 {CRAB WALK} XRIF, sd L, XRIF/sd L, XRIF to TANDEM WALL M IN FRONT ;

### 9-12 PARALLEL CHASE ; : CIRCLE CHASE 4 TO OP WALL ; OP FENCE LINE ;

- 9-10 {PARALLEL CHASE} TANDEM WALL M IN FRONT SAME FOOTWORK sd L trng RF fc RLOD, rec R, fwd L/cl R, fwd L ; fwd R trng LF to fc LOD, rec L, fwd R/cl L, fwd R ;  
QQQQ 11 {CIRCLE CHASE 4 TO OP WALL} In tight circle to fc wall fwd L, R, L, R (in elliptical circle fwd L, R, L, R) end in OP WALL join trail hands ;  
12 {FENCE LINE} OP WALL XLIF, rec R, sd L/cl R, sd L end OP WALL ;

### 13-16 BK, W TO BFLY DLW ; X & SLO RONDE ; WRAP 2 & FWD CHA ;

#### W OUT TO FC IN 3 / M IN 2 & WIGGLE ;

- 13 {BK, W TO BFLY DLW} OP WALL SAME FOOTWORK bk R DLC, sd L, cl R/sd L, cl R trng to fc DLW (bk R DLC, fwd L comm LF trn, fwd R/cl L cont LF trn, sd L) end BFLY fcg DLW ;  
Q --- 14 {X & SLO RONDE} X Lif, slow ronde R ft CCW,-,- ;  
15 {WRAP 2 & FWD CHA} Fwd R raising jnd lead hnds, cl L lowering jnd lead hnds to WRAP LOD, fwd R/cl L, fwd R (fwd R comm LF trn under jnd lead hnds, fwd L to WRAP LOD, fwd R/cl L, fwd R) end WRAP LOD SAME FOOTWORK ;  
QQ - 16 {W OUT TO FC IN 3 / M IN 2 & WIGGLE} Fwd L releasing jnd trail hnds, cl R,-, wiggle (fwd L, fwd R trng 1/2 LF, bk L leaving R ft extended, wiggle) end LOP-FCG LOD now OPPOSITE FOOTWORK ;

**PART B**

**1-4 FCG HOCKEY STICK TO LOP ; : NEW YORKER : SPOT TURN TO OP LOD :**

- 1-2 {FCG HOCKEY STICK TO LOP} LOP-FCG LOD OPPOSITE FOOTWORK fwd L, rec R trng RF, raising jnd lead hands sm sd L/cl R, sd L (bk R, fwd L, fwd R/cl L, fwd R) ; bk R, rec L, fwd R/cl L, fwd & sd R (fwd L, fwd R trng 1/2 LF, bk L/cl R, bk & sd L) end LOP-FCG WALL ;
- 3 {NEW YORKER} Swiveling RF 1/4 fwd L RLOD, rec R trng LF to fc WALL, sd L/cl R, sd L ;
- 4 {SPOT TURN TO OP LOD} Swiveling LF fwd R, swiveling 1/2 LF fwd L, swiveling 1/4 LF sd R/cl L, bk R trng 1/4 LF end OP LOD ;

**5-8 FWD TRIPLE CHAS ; : BK TRIPLE CHAS ; :**

- QQ Q&Q 5-6 {FWD TRIPLE CHAS} OP LOD OPPOSITE FOOTWORK bk L, rec R, fwd L/cl R, fwd L ; fwd Q&Q Q&Q R/cl L, fwd R, fwd L/cl R, fwd L ;
- QQ Q&Q 7-8 {BK TRIPLE CHAS} Fwd R, rec L, bk R/cl L, bk R ; bk L/cl R, bk L, bk R/cl L, bk R to OP LOD ; Q&Q Q&Q

**9-12 RK BK, REC & FC CHA ; UNDERARM TURN ; X BODY ; :**

- 9 {RK BK, REC, & FC CHA} OP LOD OPPOSITE FOOTWORK rk bk L, rec R, fwd L/cl R, swiveling 1/4 RF sd L to fc ptr ;
- 10 {UNDERARM TURN} XRib, rec L, sd R/cl L, sd R (swiveling 1/4 RF fwd L, swiveling 1/2 RF fwd R, swiveling 1/4 RF sd R to fc ptr, sd L/cl R, sd L) to CP ;
- 11-12 {X BODY} Fwd L, rec R swiveling 1/4 LF fc LOD, in place L/R, L (bk R, rec L, fwd R/cl L, fwd R) end in L-shaped pos ; bk R w/slipping action trng LF, fwd L trng LF to fc COH, fwd R/cl L, fwd R (fwd L comm LF trn, fwd R trng 1/2 LF, bk L/cl R, bk L releasing CP to LOP-FCG ;

**13-16 THRU TO AIDA ; SWITCH w/ CUBAN BREAK ENDG ; X BODY w/ INSD UNDERARM TRN (W IN 4) TO TNDM WALL SM FTWRK ; :**

- 13 {THRU TO AIDA} LOP-FCG COH OPPOSITE FOOTWORK swiveling RF thru L to LOD, swiveling to fc ptr, sd R, swiveling to fc DRC bk L/cl R, bk L to V bk-to-bk ;
- 14 {SWITCH w/ CUBAN BREAK} Bringing jnd lead hands bk between ptr swivel LF (RF) sd R to fc ptr to BFLY, sd L, XRif (XLif)/rec L, sd R ;
- QQ Q&Q 15-16 {X BODY w/ INSD UNDERARM TRN (W IN 4) TANDEM WALL} BFLY COH repeat meas 11 (QQ Q&Q) Part B ; bk R w/slipping action trng LF raise jnd lead hnds leading W to trn under, fwd L trng LF to fc WALL, fwd R bringing jnd lead hands down to WRAP pos/cl L, fwd R releasing hnd holds
- QQ Q&Q (fwd L trng LF under jnd hnds, fwd R cont trn to fc WALL, fwd L, fwd R) TANDEM WALL SAME (QQQQ) FOOTWORK ;

**PART C**

**1-8 SAME FOOT WORK TANDEM CHASE PEEK-A-BOO DBL ; : : : : : W TO FC IN 4 : FCG FAN :**

- 1-6 {TANDEM CHASE PEEK-A-BOO DBL} TANDEM WALL SAME FOOTWORK fwd L swing 1/2 RF, rec fwd R to TANDEM COH M in front, fwd L/cl R, fwd L ; sd R looking over L shldr, rec L, cl R/in place L, R ; sd L looking over R shldr, rec R, cl L/in place R, L ; fwd R swing 1/2 LF, rec fwd L, fwd R/cl L, fwd R end TANDEM WALL W in front ; sd L looking over R shldr, rec R, cl L/in place R, L ; sd R looking over L shldr, rec L, cl R/in place L, R ;
- QQ Q&Q 7 (QQQ) Fwd L, rec R, bk L/cl R, bk L (fwd L trng 1/2 RF, rec fwd R, fwd L, fwd R) join lead hnds ;
- 8 Bk R, rec L trng 1/4 LF, fwd L/cl R, fwd L (fwd L, trng LF sd & bk R making 1/4 LF trn, bk L/cl R, bk L leaving R extend fwd no weight) end in FCG FAN pos M fcg LOD ;

REPEAT PART B

## ENDING

1-4 SM FT WORK PARALLEL CHASE ; ; CIRCLE 4 TO TANDEM WALL ;  
SNGL CUBAN HOLD ;

- 1-2 {PARALLEL CHASE} TANDEM WALL SAME FOOTWORK W in front place R hnd on W's R hip to repeat meas 9-10 Part A ; ;
- QQQQ 3 {CIRCLE 4 TO TANDEM WALL} Circling 3/4 LF fwd L, R, L, R to TANDEM WALL W in front ;
- Q&Q- 4 {SINGLE CUBAN HOLD} XLif/rec R, sd L, hold,- end TANDEM WALL SAME FOOTWORK ;

1-4 CRAB WALK ; CUCARACHA ; CUCARACHA / W SD & TRN LF IN 3 TO CP ;  
BK TO LEG CRAWL ;

- 1 {CRABWALK} TANDEM WALL SAME FOOTWORK repeat meas 8 Part A ;
- 2 {CUCARACHA} Repeat meas 3 Introduction ;
- QQ Q&Q 3 {CUCARACHA / W SD & TURN IN 3 TO CP} Repeat meas 4 Intro (sd R, sd L trng ½ LF to fc ptr, sm fwd R, in place L) end in CP WALL ;
- Q--- 4 {BK TO LEG CRAWL} Bk L on bent knee leaving R ft extended, stretch L sd (fwd R w/ bent knee, lift knee and bring L foot up outside M's R leg) ;

## HEAD CUES

INTRO TANDEM WALL, M IN FRONT, L FT FREE BOTH WAIT 2;; CUCARACHA DBL;;

A SAME FOOT WORK TRAVELING DOOR; SD WALK; SPOT TURN TWICE;;  
CRAB WALK; TRAVELING DOOR; SD WALK; CRAB WALK; PARALLEL CHASE;;  
CIRCLE 4 TO OP WALL; OP FENCE LINE; BK, W TO BFLY DLW;  
CROSS & SLOW RONDE; FWD, WRAP & CHA TO LOD;  
W OUT TO TO FC IN 3 / M IN 2 & WIGGLE;

B OPPOSITE FOOTWORK FCG HOCKEY STICK TO LOP;; NEW YORKER;  
SPOT TRN OP LOD; RK BK TO FWD TRIPLE CHAS;; RK FWD TO BK TRIPLE CHAS;;  
RK BK, REC & FC CHA; UNDERARM TRN TO CP; X BODY TO LOP-FCG;;  
THRU TO AIDA; SWITCH w/ CUBAN BREAK;  
X BODY w / INSIDE UNDERARM IN 4 TO TANDEM WALL;;

C SAME FOOTWORK CHASE PEEK-A-BOO DBL;;;;; W TRN IN 4 TO FC; FCG FAN;

B OPPOSITE FOOTWORK FCG HOCKEY STICK TO LOP;; NEW YORKER;  
SPOT TRN TO OP LOD; RK BK TO FWD TRIPLE CHAS;; RK FWD TO BK TRIPLE CHAS;;  
RK BK, REC & FC CHA; UNDERARM TRN TO CP; X BODY TO LOP-FCG;  
THRU TO AIDA; SWITCH w/ CUBAN BREAK;  
X BODY w / INSIDE UNDERARM IN 4 TO TANDEM WALL(W IN 4);;

E SAME FOOTWORK PARALLEL CHASE;; CIRCLE 4 TO TANDEM WALL;  
SINGLE CUBAN HOLD; CRAB WALK; CUCARACHA;  
CUCARACHA / W STEP SD & TURN IN 3 TO CP; BK TO LEG CRAWL;