

Tale of the Shadow

Count: 40

Wall: 2

Level: Improver

Choreographer: Ole Jacobson (DE) & Nina K. (DE) - March 2026

Music: Tale of the Shadow - Sail North



Dance begins on the vocals

Sequenz: 32, 40, 40, 32, 40, 40, 32, 40, 40*, TAG, 40, FINISH

S1: side, recover, close (r+l), walk, shuffle fwd

1,2& RF step to the right – Weight back on LF – Set RF next to LF
3,4& LF step to the left – Weight back on RF – Set LF next to RF
5,6 RF step forward – LF step forward
7&8 RF step forward – Set LF next to RF – RF step forward

S2 step, recover, shuffle back ½ turn L, step, pivot turn ¼ l, cross, hold

1,2 LF step forward - Weight back on RF
3&4 ¼ turn l, LF step to the left – RF next to LF - ¼ turn l, LF step forward (6:00)
5,6 RF step forward – ¼ turn l (3:00)
7,8 RF cross over LF – Hold

S3 close, walk, step, recover, side, recover ¼ turn r, back, recover

&1,2 LF next to RF – RF step forward – LF step forward
3,4 RF step forward – Weight back on LF
5,6 RF step to the right – ¼ turn r, Weight back on LF (6:00)
7,8 RF step back – Weight back on LF

*in the 8th bar from the TAG, the tempo slows down to S3 (count 24) in the 9th bar (adjust tempo), then hold for 4 counts and continue dancing at the original tempo with S4 until the end

S4 chassé, back, recover (r+l)

1&2 RF step to the right – LF close to RF – RF step to the right
3,4 LF step backwards – Weight back on RF
5&6 LF step to the left – RF close to LF – LF step to the left
7,8 RF step backwards – Weight back on LF

Restart here in the 1st /4th /7th wall

S5 point, hold, close ¼ turn r, point, hold, close, heel & toe with ¼ turn r, close

1,2 Tap RF to the right – Hold
&3,4 ¼ turn r, place RF next to LF – Tap LF to the left – Hold (3:00)
&5 Place LF next to RF – 1/8 turn r, tap R-Heel forward (4:30)
&6 Place RF next to LF – Tap L-Toe behind RF
&7 Place LF next to RF – 1/8 turn r, tap R-Heel forward (6:00)
&8 Place RF next to LF – Tap L-Toe behind RF
& Place LF next to RF

TAG: at the end of the 9th wall, dance S5 again

...and from the beginning

Finish: at the end of the 10th wall, dance S5 again without turns.

Last Updated: 30 March 2026

