My Mirror Don't Lie



Count: 16 Wand: 1 Ebene: Absolute Beginner

Choreograf/in: Helaine Norman (USA) - July 2021

Musik: I Don't Look Good Naked Anymore - The Snake Oil Willie Band



Intro: 8

Note: I created this dance for a large group of absolute beginner seniors in their 80's and 90's who are active but unable to do turns due to balance issues and in a limited amount of space.

I. Rumba Box with Hold X2; Diagonal Step Touch (K-Step)

1&2&	Step R side, step L beside R, step R back, hold
3&4&	Step L side, step R together, step L forward, hold

5&6& Step R front diagonal, touch L together, return L center, touch R together 7&8& Step R back diagonal, touch L together, return L center, touch R together Optional for 5-8: Step R side, touch L together, step L side, touch R together. Repeat.

Styling: Clap on each touch

II. Rock Recover Step Hold (Mambo) X2; Basic Vine with Touch X2

1&2&	Rock R side, recover to L, step R together L, hold
3&4&	Rock L side, recover to R, step L together, hold

5&6& Step R side, step L behind, step R side, touch L together 7&8& Step L side, step R behind, step L side, touch R together

Optional for 4-8: Basic vine making a 1/4 turn

REPEAT

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