

Smilet i ditt eget speil

Compte: 80

Mur: 2

Niveau: Phrased Advanced

Chorégraphe: Benedikte R. Grønlund (NOR) - September 2021

Musique: Smilet i ditt eget speil - Chris Holsten



Intro: After 16 counts

Sequence: A, B, A, B, B, B

Part A - 48 counts

[1-8] Step Half, ½ Turn x4, ¼ Turn Sweep, Weave, ¼ Turn Step Forward

- 1, 2 Step R forward, ½ Turn over L shoulder (weight ends on L foot) (6:00)
& 3 ½ Turn over L shoulder R step back (12:00), ½ Turn over L shoulder L step forward (6:00)
& 4 ½ Turn over L shoulder R step back (12:00), ½ Turn over L shoulder L step forward (6:00)
5, 6 & Sweep R ¼ Turn to end up in front of L (3:00), Cross R over L, Step L to left side
7, 8 Cross R behind L, ¼ Turn Step L forward (12:00)

[9-16] Step Half, ½ Turn Sweep, Hold, Behind, Side, 1/8 Turn Rocking Chair Step

- & 1 Step R forward, ½ Turn over L shoulder (weight ends on L foot) (6:00)
& 2, 3 Step R together, ½ Turn over L shoulder Sweep L from front to behind R (12:00) (on count 2-3)
4 & 5, 6 Cross L behind R, Step R to right side, 1/8 Turn Rock L forward (1:30), Recover onto R
7, 8 Rock L back, Recover onto R

[17-24] ¼ Turn Sweep, Behind, Side, ½ Diamond, Spiral Turn

- 1 Step L together making ¼ turn Sweeping R from front to behind L (4:30)
2 & 3 Cross R behind L, Step L to left side, Step R forward
4 & 5 Step L forward, 1/8 Turn Step R to right side (3:00), 1/8 Turn Step L back (1:30)
6 & 7 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L
8 Full spiral turn over L shoulder (keeping both feet on the same spot) (weight ends on R)

[25-32] Side, Cross, Side, Hitch, Sway, Sway, ¼ Turn Step Forward, ½ Turn Step Back, ½ Turn Step Forward, ½ Turn Step Back

- & 1 Step L to left side, Cross R over L
& 2 Step L to left side, Lift R knee making a small circle in front of L
3, 4 Step R down (weight on R), Sway to the left (weight on L)
5, 6 ¼ Turn Step R forward (3:00), ½ Turn over R shoulder Step L back (9:00)
7, 8 ½ Turn over R shoulder Step R forward (3:00), ½ Turn over R shoulder Step L back (9:00)

[33-40] ¼ Turn Step Side, Weave, 1/8 Turn Step Half, ½ Turn Sweep, Sweep

- 1, 2 & ¼ Turn Step R to right side (12:00), Cross L behind R, Step R to right side
3 & 4 Cross L over R, Step R to right side, Cross L behind R
& 5, 6 Step R to right side, 1/8 Turn Step L forward (1.30), ½ Turn over R shoulder (weight ends on R) (7:30)
7, 8 Step L together making ½ Turn over R shoulder Sweeping R from front to behind L (1:30), Step R down Sweeping L from front to behind R

[41-48] Sweep, Weave, ¼ Turn Step Half, ½ Turn Step Back, ½ Turn Step Forward (¼ Turn Step R to right side to begin with part B)

- 1, Step L down Sweeping R from front to behind L
2 & 3 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L
& 4 Step L to left side, Cross R behind L
& 5, 6 ¼ Turn Step L forward (9:00), Step R forward, ½ Turn over L shoulder (weight ends on L) (3:00)

7, 8 ½ Turn over L shoulder Step R back (9:00), ½ Turn over L shoulder Step L forward (3:00)
To start with part B, ¼ Turn Step R to right side (12:00)

Part B - 32 counts

[1-8] Side, Behind, ¼ Turn Step Forward, Mambo, ½ Turn Step Forward, Out, Out, Lock, Full Spiral Turn, ¼ Turn Step Forward

1, 2 & Step R to right side, Cross L behind R, ¼ Turn Step R forward (3:00)
3 & 4 Rock L forward, Recover onto R, ½ Turn over L shoulder Step L forward (9:00)
& 5, 6 Step R out, Step L out, Lock R behind L
7, 8 Full spiral turn over R shoulder (keeping both feet on the same spot) (weight ends on L), ¼ Turn Step R forward (12:00)

[9-16] ½ Turn Step Back, Step Sweep, Weave, Side, 1/8 Turn Step Half, ¼ Turn Step Side, ½ Turn Step Side, Rock Recover

& 1 ½ Turn over R shoulder Step L back (6:00), Step R together making ½ Turn over R shoulder Sweeping L from behind to front of R (12:00)
2 & 3 Cross L over R, Step R to right side, Cross L behind R
& 4 Step R to right side, 1/8 Turn Step L forward (1:30)
5, 6 ½ Turn over R shoulder (weight ends on R) (7:30), ¼ Turn Step L to left side (10:30)
7, 8 & ½ Turn over L shoulder Step R to right side (4:30), Rock L forward, Recover onto R

[17-24] Step Back with Hitch, Coaster Step, Full Turn, Step, Step Hitch, Step Hitch, Step Sweep, Step Back, Step Together

1 Step L back while Hitching R knee
2 & 3 Step R back, 1/8 Turn Step L together (3:00), Step R forward
4 & Full turn over L shoulder (weight ends on R), Step L forward
5, 6 Step R forward while Hitching L knee behind R, Step L back while Hitching R knee
7, 8 & Step R back while Sweeping L from front to behind R, Step L back, Step R together

[25-32] ¼ Turn Step, ¾ Turn, Close, Hold, Weave, ¼ Turn Step, Step, Touch

1, 2 ¼ Turn Step L forward (12:00), ¾ Turn over L shoulder keeping your weight on L foot (3:00)
3, 4 Close R next to L, Hold (keep your weight on R)
5 & 6 Cross L behind R, Step R to right side, Cross L over R
& 7 Step R to right side, Cross L behind R
& 8 & ¼ Turn Step R forward (6:00), Step L forward, Touch R next to L

No tags, no restarts
