

# Reflections (P)

Compte: 56

Mur: 0

Niveau: Partner

Chorégraphe: Malcolm Russell (UK)

Musique: Feel Free - The Bellamy Brothers



**Position: Begin with both facing LOD, Lady in front with left arm crossed over right and man holding lady's left hand with his right and her right hand with his left at her waist level (Wrap position)**

## **MANS' STEPS**

### **LEFT SIDE ROCK, ROCK RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

1-2 Rock step left to left and rock back onto right  
3&4 Left right left cha-cha-cha in place

### **RIGHT SIDE ROCK, ROCK LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

5-6 Rock step right to right and rock back onto left  
7&8 Right left right cha-cha-cha in place

### **LEFT DIAGONALLY FORWARD, RIGHT UP TO IT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

#### **Raise right hand over ladies held while lady is turning**

9-10 Step slightly diagonally forward on left, bring right next to left  
11&12 Left right left cha-cha-cha in place (now side by side)

### **WALK FORWARD RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

13-14 Walk forward right walk forward left  
15&16 Right left right cha-cha-cha forward

### **WALK FORWARD LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

17-18 Walk forward left walk forward right  
19&20 Left right left cha-cha-cha forward

### **PINWHEEL TURN. RIGHT ¼ TURN RIGHT, LEFT TOG. RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

21-22 Step ¼ turn right with right, bring left next to right  
23&24 Right left right cha-cha-cha in place

### **PINWHEEL TURN. LEFT ¼ TURN RIGHT, RIGHT TOG. LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

25-26 Step ¼ turn right with left, bring right next to left  
27&28 Left right left cha-cha-cha in place (man now facing RLOD)

### **WALK BACK RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

29-30 Walk backward right walk backwards left  
31&32 Right left right cha-cha-cha in place

### **WALK BACK LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

33-34 Walk backward left walk backwards right  
35&36 Left right left cha-cha-cha in place

### **CROSS ROCK RIGHT BEHIND LEFT, ROCK FORWARD LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

37-38 Cross rock right behind left rock forward on left  
39&40 Right left right cha-cha-cha in place

**CROSS RIGHT BEHIND LEFT, ¼ TURN LEFT STEP BACK RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

41-42 Cross right behind left, making a ¼ turn left step back on right  
43&44 Left right left cha-cha-cha in place (man facing OLOD)

**STEP RIGHT ACROSS LEFT, LEFT TO SIDE, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

45-46 Step right across left step left to left  
47&48 Right left right cha-cha-cha in place

**STEP LEFT ACROSS RIGHT, MAKING ¼ TURN RIGHT TO RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

**Raise right hand over ladies held while lady is turning**

49-50 Step left across right making a ¼ turn left step right to right  
51&52 Left right left cha-cha-cha in place

**ROCK FORWARD RIGHT ROCK BACK LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

53-54 Rock forward on right rock back on left  
55&56 Right left right cha-cha-cha in place

**REPEAT**

**LADIES' STEPS (REFLECTIONS)**

**RIGHT SIDE ROCK, ROCK BACK ON LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

1-2 Rock step right to right and rock back onto left  
3&4 Right left right cha-cha-cha in place

**LEFT SIDE ROCK, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

5-6 Rock step left to left and rock back onto right  
7&8 Left right left cha-cha-cha in place

**MAKING ½ TURN LEFT STEP FORWARD ON RIGHT, BRING LEFT UP RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

**Ladies raise left arm**

9-10 Making a ½ turn left step forward on right, bring left next to right  
11&12 Right left right cha-cha-cha in place

**WALK BACK LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

13-14 Walk backwards left walk backwards right  
15&16 Left right left cha-cha-cha in place

**WALK BACK RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

17-18 Walk backwards right walk backwards left  
19&20 Right left right cha-cha-cha in place

**STEP ¼ TURN RIGHT WITH LEFT, BRING RIGHT UP, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

21-22 Step ¼ turn right with left, bring right next to left  
23&24 Left right left cha-cha-cha in place

**STEP ¼ TURN RIGHT WITH RIGHT, BRING LEFT UP TO IT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

25-26 Step ¼ turn right with right, bring left next to right  
27&28 Right left right cha-cha-cha in place (lady now facing LOD)

**WALK FORWARD LEFT, RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

29-30 Walk forward left walk forward right

31&32 Left right left cha-cha-cha forward

**WALK FORWARD RIGHT, LEFT, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

33-34 Walk forward right walk forward left

35&36 Right left right cha-cha-cha forward

**CROSS ROCK LEFT OVER RIGHT, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

37-38 Cross rock left over right, rock back onto right

39&40 Left right left cha-cha-cha in place

**MAKING ¼ TURN LEFT STEP RIGHT TO RIGHT, BRING LEFT UP, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

41-42 Making a ¼ turn left step right to right, bring left next to right

43&44 Right left right cha-cha-cha in place

**STEP LEFT ACROSS RIGHT, RIGHT TO RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

45-46 Step left across right step right to right

47&48 Left right left cha-cha-cha in place

**MAKING ¼ TURN RIGHT STEP FORWARD RIGHT, BRING LEFT UP, RIGHT LEFT RIGHT CHA-CHA-CHA IN PLACE**

**Lady raise left arm**

49-50 Making a ¼ turn right step forward on right bring left next to right

51&52 Right left right cha-cha-cha in place (in front of man, left arm over right)

**ROCK FORWARD ON LEFT, ROCK BACK ON RIGHT, LEFT RIGHT LEFT CHA-CHA-CHA IN PLACE**

53-54 Rock forward on left rock back on right

55&56 Left right left cha-cha-cha in place

**REPEAT**

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