

Mirror Man

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Laura Sway (UK) & Alexis Strong (UK) - April 2015
音乐: Mirror Man - Ella Henderson



Count in: 16

[1-8] Walk forward Right, Left, Anchor step, step ½ left, step ½ left, chasse ¼ left.

1 2 3&4 walk forward on the right (1) walk forward on the left (2) Step right behind left (3) , step left in place (&) step right in place transferring weight onto the right (4)

5 6 7&8 making ½ turn over left shoulder step forward on the left (5) making another ½ turn over left shoulder step forward on the right (6) Making ¼ turn to the left, step left to left side (7) step right beside left (&) step left to left side (8)

[9-16] Step point , touch left, left kick and point. Rock forward, recover sweep, right sailor ½.

&1 2 3&4 Step right to left (&) point left to left side (1) touch left beside right (2) Kick left foot forward (3) step left beside right (&) point right to right side (4)

5 6 7&8 Rock forward on the right (5) as you recover weight onto the left sweep to right leg from front to back (6) (leading into the sailor ½) step right behind left (7) making ½ turn step left slightly to left side (&) step right in place (8)

[17-24] Prissy walks forward left, right, left lock step forward, rock forward recover, right lock step back.

1 2 3&4 step forward on left stepping left slightly across the right (1) repeat on the right (2) Step forward on the left (3) step right behind left (&) step forward on the left (4)

5 6 7&8 rock forward on the right (5) recover weight onto left (6) Step back on the right (7) step left across right (&) step back on the right (8)

[25-32] left coaster step, & step, step forward, twist x3 ¼ left, left cross samba.

1&2&3 4 step back on the left (1) step right beside left (&) step forward on the left (2) Step right slightly forward (&) step left forward (3) Step right forward (4)

5&6 7&8 twist both heels to the right (5) twist both heels back to centre (&) twist both heels to the right making ¼ turn left (6) cross left over right (7) step right to right side (&) step left in place (8)

[33-40] step across, hitch, left cross samba, step across, step 1/4 , ¼ right Chasse.

1 2 3&4 step right across left (1) hitch left knee up (2) cross left over right (3) step right to right side (&) step left in place (4)

5 6 7 8 step right across left (5) step back on left making ¼ right (6) making another ¼ right step right to right side (7) step left to right (&) step right to right side (8)

[41-48] Syncopated jazz box, rock forward left, step back sweep, back sweep, right coaster step.

1 2&3 4 cross left over right (1) step back on the right (2) step left slightly to left side (&) step slightly forward on the right (3) rock forward on the left (4)

5 6 7&8 recover weight on to right sweeping left leg from front to back (5) step back on the left sweeping right leg from front to back (6) step back on the right (7) step left beside right (&) step forward on the right (8)

[49-56] Left cross side, 1/8 together, Right cross side 1/8, cross, step ¼ , left back lock.

1&2 3&4 Cross left over Right (1) step right to right side (&) step left to right turning 1/8 to the left (2) Cross right over left (3) step left to left side (&) step right to left turning 1/8 to the right (4)

5 6 7&8 cross left over right (5) step back on the left making ¼ turn left (6) step back on the left (7) cross right over left (&) step back on the left (8)

[57-64] Right back rock, recover, right shuffle forward, sweep left ½ turn, touch, left shuffle forward.

1 2 3&4 rock back on the right (1) recover weight onto left (2) step forward on the right (3) step left to right (&) step forward on the right (4)
5 6 7&8 sweep left leg round ½ turn to the right (5) touch left beside right (6) Step forward on the left (7) step right to left (&) step forward on the left (8)

Tag- wall 3 after 12 counts .

1234 – (rocking chair) rock forward on the right, recover weight onto left, rock back on the right, recover weight onto left. - Restart.

Restart - wall 6 after 32 counts.

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