

Mirror Of My Soul

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Lee Hamilton (SCO)
音乐: Healing When I Ride - Amanda Kate : (iTunes & amazon)



Intro: 32 Counts

Section 1 [1-8] Skate RL, R Diagonal Shuffle, L Jazzbox, R Cross

1-2 Skate R Fwd (1), Skate L Fwd (2), 12:00
3&4 Step R to R Diagonal (3), Close L beside R (&), Step R to R Diagonal (4), 12:00
5-6 Cross L over R (5), Step R Back (6), 12:00
7-8 Step L to L Side (7), Cross R over L (8), 12:00

Section 2 [9-16] L Side Rock, Recover, L Cross Shuffle, R Touch - Flick, R Cross Shuffle

1-2 Rock L to L Side (1), Recover onto R (2), 12:00
3&4 Cross L over R (3), Step R to R Side (&), Cross L over R (4), 12:00
5-6 Touch R Toe to R Side (5), Flick R Heel back to R Side (6), 12:00
7&8 Cross R over L (7), Step L to L Side, Cross R over L (8), 12:00

Section 3 [17-24] L Side, Together, L Shuffle Back, R Side, Together, R Shuffle Fwd

1-2 Step L to L Side (1), Close R beside L (2), 12:00
3&4 Step L Back (3), Close R beside L (&), Step L Back (4), 12:00
5-6 Step R to R Side (5), Close L beside R (6), 12:00
7&8 Step R Fwd (7), Close L beside R (&), Step R Fwd (8), 12:00

Section 4 [25-32] L Rock Fwd, Recover, L Shuffle Back, R Rock Back, Recover, R Step, Pivot 1/4 L

1-2 Rock L Fwd (1), Recover onto R (2), 12:00
3&4 Step L Back (3), Close R beside L (&), Step L Back (4), 12:00
5-6 Rock R Back (5), Recover onto L (6), 12:00
7-8 Step R Fwd (7), Make 1/4 L by putting weight onto L (8), 9:00

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