

Girl In The Mirror

COPPER KNOB
STEPSHEETS

拍数: 100 墙数: 4 级数: Phrased Improver
编舞者: Russibell Seoh (KOR) - August 2023
音乐: Girl In The Mirror (feat. Frawley) - Hong Jin Young (홍진영)



Intro : 8 Counts

Tag (8 Counts) : R Side & Hip Sway R L R , 1/4 L Turn Weight On L Hitch R , Chest Pop Twice, Hand Movement

1234 R Side & Hip Sway R L R , 1/4 L Turn Weight On L Hitch (Or Flick) R
56 Touch R Next To L & Chest Pop Twice
7&8 R, L ,R Hand, In Order, Stretch Out As If Hitting The Sky.

Restart : At Wall 7 (Part A) Is Only Danced To 28 Counts

At This Time 28 Count is Change Step

28 Hold

Sequence : A ,A ,Tag (8) , B , C , A , Tag (8) , B , C , A (28) , B , C

Part A : 32 Counts

Part B :32 Counts

Part C : 36 Counts

Part A : 32 Counts

A Sec1 : Prissy Walk R , Hold , Prissy Walk L , Hold , R Cross, L Diagonal Back , R Side Long Step At This Time Drag L To R Over Two Counts

1234 Prissy Walk R , Hold , Prissy Walk L , Hold
5678 R Cross, L Diagonal Back , R Side Long Step Drag L To R Over Two Counts

A Sec2 : Prissy Walk L, Hold, Prissy Walk R , Hold, L Cross, R Diagonal Back, 1/4 L Turn L Side Long Step At This Tme Drag R To L Over Two Counts

1234 Prissy Walk L, Hold, Prissy Walk R , Hold
5678 L Cross, R Diagonal Back, 1/4 L Turn L Side Long Step At This Tme Drag R To L Over Two Counts

A Sec3 : Rock R Fwd , Recover On L, 1/2 R Turn Shuffle Fwd ,1/4 R Pivot Turn , Coaster

12 Rock R Fwd , Recover On L
3&4 1/4 R Turn R Side, Closr L Next To R, 1/4 R Turn Step R Fwd
56 Step L Fwd, 1/4 R Pivot Turn Weight On R
7&8 L Back, Together R Next To L, L Fwd

A Sec4 : Touch R Next To L & Hand Movement , Place Head Over Right Shoulder, In Place Step R , Point L To L Side, Drag L To R & Touch Close L Next To R , Point L To L Side , Drag L To R & Step Close L Next To R

1 Touch R Next To L & Place The Back Of R Hand Lightly Next To R Forhead
2 Take a pose in which the palm of your right hand is lightly placed on your forehead.
3 With your right hand, place your head over your right shoulder.
4 In Place Step R
56 Point L To L Side , Drag L To R & Touch L Next To R
78 Point L To L side , Drag L To R Side & Finally Close L Next To R

Part B : 32 Counts

B Sec1 : In Place Skate R To The R & Hip Sway R ,In Place Skate L To The L Hip Sway L & R Flick X 3 , 1/8 L Turn Touch Together R & Claps

12 In Place Skate R To The R & Hip Sway R ,In Place Skate L To The L Hip Sway L & R Flick
 34 In Place Skate R To The R & Hip Sway R ,In Place Skate L To The L Hip Sway L & R Flick
 56 In Place Skate R To The R & Hip Sway R ,In Place Skate L To The L Hip Sway L & R Flick
 7&8 1/8 L Turn Touch Close R Next To L & Clap Three Times From Bottom To Top (10 : 30)

Styling : Clap three times while getting up from a seated position.

B Sec2 : 3/8 R Turn Diamond Step , Whisk R L,

1&2 R Cross , 1/8 R Turn Step L Side , 1/8 R Turn Step R Back (1:30)
 3&4 L Back, 1/ 8 R Turn Step R Side (3:00) , Cross L Over R
 5&6 R Side , Press Ball Of R , R In Place
 7&8 L Side , Press Ball Of L , L In Place

B Sec3 : Side R Rock , Recover On L, Behind R , L Side , 1/4 L Turn R Fwd , L Side Rock , Recover On R , 1/4 L Turn Sailor

12 Side R Rock , Recover On L
 3&4 Behind R , L Side , 1/4 L Turn R Fwd (12 :00)
 56 L Side Rock , Recover On R
 7&8 1/4 L Turn Cross L Behind R (9:00) , R Side , Step L To L Diagonall Fwd

B Sec4 : Step R Fwd , 1/2 L Pivot On L , Fwd Walk R L , R Side & Hip Sway R L R , Jump & Put Your Feet Together

12 Step R Fwd , 1/2 L Pivot On L (3:00)
 34 Fwd Walk R L
 567 R Side & Hip Sway R L R
 8 Jump & Put Your Feet Together

Styling : As you sway your hips, Swing your head in the same direction.

Part C : 36 Counts

C Sec1 : Rocking Chair X 2 & Hand Movement

1234 Rock R Fwd , Recover On L, Rock R Back , Recover On L

Styling : Raise your index finger up and lower it, making an open letter L to the left and lifting it up.

5678 Rock R Fwd , Recover On L, Rock R Back , Recover On

Styling : Raise your index finger up and lower it, making an open letter L to the left and lifting it up.

C Sec2 : 1/4 R Turn Rocking Chair , R Side & Hip Sway R L R , Jump Up Put Your Feet Together

1234 Rock R Fwd , Recover On L, 1/4 R Turn Rock R Back ,Recover On L (3:00)

Styling : Raise your index finger up and lower it, making an open letter L to the left and lifting it up.

567 R Side & Hip Sway R L R

Option : Shake your head in the same direction as your hips.

8 Jump Up Put Your Feet Together

C Sec3 & C Sec4 = C Sec 1 & C Sec2

C Sec 5 : Pose + Handmovement

1234 Slowly Draw The Letter L To R For Four Counts

Enjoy The Dance !!

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