

Just a Mirage

COPPER KNOB
BY SHEETS

拍数: 32 墙数: 2 级数: Improver

编舞者: Tommy G. Parker (USA) - January 2024

音乐: Mirage (for Assassin's Creed Mirage) - OneRepublic, Assassin's Creed & Mishaal Tamer



#16 count intro (dance begins on lyrics, approx. 11 secs. into track).

*1 TAG/RESTART — 2nd Wall first 16 counts only, followed by 8-count tag (see below)

*1 OMIT — After 5th Wall, repeat the last 16 counts. Omit first 16 counts (see below)

[1 – 8] Clap Over Head, Elbows Out. LF Toe-Step. RF Toe-Step. LF Toe-Step. RF Step ½ Pivot (CCW)

1 & 2 & High front clap [1]. Elbows out [&]. LF toe tap fwd [2]. Raise LF [&] — 12:00.

3, 4 &]LF step down [3], RF toe tap fwd [4]. Raise RF [&] — 12:00.

5, 6 & RF step down [5]. LF toe tap fwd [6]. Raise LF [&] — 12:00.

7, 8 LF step down [7], RF step ½ pivot (ccw), arms down [8] — 6:00.

[9 – 16] LF Kick. Left Ft Coaster Step. Right Side Step and Cross. Left Side Step and Cross. RF Slide Right.

1, 2 & LF Kick [1]. LF step back [2]. RF step next to LF [&] — 6:00.

3, 4 & LF step fwd [3], RF step right [4]. LF step next to RF [&] — 6:00.

5, 6 & RF cross step over left [5]. LF step left [6]. RF step next to LF [&] — 6:00.

7, 8 LF cross step over right [7]. RF big step right, LF slide next to RF [8] — 6:00.

[17 –24] Left Ft Coaster Step. Heel Lift ¼ Pivot (CCW). LF Shuffle. RF Shuffle

1 & 2 LF step back [1]. RF step next to LF [&]. LF step fwd [2] — 6:00.

3 & 4 RF step fwd [3]. Heel lift [&]. ¼ pivot (ccw) [4] — 3:00.

5 & 6 LF shuffle fwd [5 & 6] — 3:00

7 & 8 RF shuffle fwd [7 & 8] — 3:00

[25 – 32] Feet Together. Clap Over Head. Shake Hips Right-Left-Right. 2 Hip Rolls ¼ Pivot (CW). Crazy Fingers.

1 & 2 LF step next to RF [1]. Clap hands over head [2] — 3:00

3 & 4 Shake hips right/left/right [3 & 4] — 3:00

5 & 6 Hip roll ¼ pivot (cw) [5 & 6] — 6:00

7 & 8 Hip roll, leaning back, spinning “crazy” fingers beside head [7 & 8] — 6:00

*TAG/RESTART - 2nd WALL: First 16 counts only (skip last 16 counts), followed by 8-count tag (below), then restart (3rd wall).

*8-count yoga “upward salute” pose – stand in yoga “mountain pose,” feet together and arms at sides. Sweep arms out to the sides and overhead. Press palms together in a prayer pose overhead. Lower hands (palms remaining together) to heart center.

OMIT - After 5th Wall, repeat LAST 16 COUNTS (omit first 16 counts) before end of dance.

Last Update: 7 May 2024