

# Spegel Spegel

拍数: 32      墙数: 2      级数: Improver  
编舞者: Marie Sørensen (TUR) - 8 July 2024  
音乐: Spegel Spegel (Mirror Mirror) - Lasse Stefanz



#12 count intro

There are 3 very easy tags.

## CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE 1/4 TURN

1-2            Cross right in front of left, recover  
3&4           Step right to the right side, step left next to right, step right to the right side  
5-6           Cross left in front of right, recover  
7-8           Step left to the left side, step right next to left, 1/4 turn left, step fwd. on left (09.00)

## SIDE, TOGETHER, SHUFFLE FWD. SIDE TOGETHER, SHUFFLE BACK

1-2            Step right to the right side, step left next to right  
3&4           Step right fwd. step left next to right, step fwd. right  
5-6           Step left to left side, step right next to left  
7&8           Step left back, step right next to left, step back on left (09.00)

## BACK ROCK RIGHT, RECOVER, KICKBALL STEP TWICE WITH RIGHT, STOMP STOMP FWD.

1-2            Back rock right, recover  
3&4           Kick right fwd. step right next to left, step fwd. left  
5&6           Kick right fwd. step right next to left, step fwd. left  
7-8           Stomp fwd. right, left (09.00)

## SIDE ROCK, RECOVER, SAILOR STEP, SIDE ROCK, RECOVER SAILOR STEP 1/4 TURN

1-2            Rock right to the right side, recover  
3&4           Sweep right behind left, step left next to right, step fwd. right  
5-6           Rock left to the left side, recover  
7&8           1/4 turn left, Sweep left behind right, right next to left, step left next to the right (06.00)

## TAG 1 - 8 counts - After wall 1, facing 06.00

### WALK FWD RIGHT, LEFT, MAMBO STEP, WALK BACK LEFT, RIGHT, COASTERSTEP

1-2            Walk fwd right, left  
3&4           Rock fwd right, recover, step right next to left  
5-6           Walk back left, right  
7&8           Step back on left, step right next to left, step fwd. on left

## TAG 2 - 4 counts - After wall 4, facing 12.00

1-4            Sway right, left, right, left - Have fun and raise your arms

## TAG 3 - 4 counts - After wall 5, facing 06.00

1-4            Sway right, left, right, left - Have fun and raise your arms

Start again !

Have a lot of fun.

Contact : Marie Sørensen (Sunshine Cowgirl)  
E.mail adress - sunshinecowgirl1960@gmail.com

