

Mirror

拍数: 40 墙数: 4 级数: Beginner
编舞者: Helle Mygind (DK)
音乐: Dance Above the Rainbow - Ronan Hardiman



KICK, KICK, TRIPLE (RIGHT AND LEFT)

1-2 Kick right foot forward twice
3&4 Triple step in place right-left-right
5-6 Kick left foot forward twice
7&8 Triple step in place left-right-left

HEEL SWITCHES WITH STEP TURN TWICE

1&2 Touch right heel forward, step on right, touch left heel forward
&3 Step on left.- step right forward
4 Pivot ½ turn left
5-8 Repeat 1-4

SHUFFLE FORWARD, ROCK STEP, SHUFFLE BACK, ROCK STEP

1&2 Step forward right, close left beside right, step forward on right
3-4 Rock step left foot forward, step right in place
5&6 Step back on left, close right beside left, step back on left
7-8 Rock step back on right, step left in place

RUNNING STEP BALLS RIGHT AND LEFT WITH LEFT/4 TURN

1& Step right to right, step ball of left beside right
2& Step right to right, step ball of left beside right
3-4 Step right to right, left foot ¼ turn left

5-8 arms up over your head

5& Step left to left, step ball of right beside left
6& Step left to left, step ball of right beside left
7-8 Step left to left, stamp right foot beside left

In count 8 you make ¼ turn left with right foot and snap fingers, hold position on your feet when doing step balls at left

SHUFFLE RIGHT, TOE TURN TWICE

1&2 Step right to right, close left beside right, step right to right
3-4 Touch left toe back, make ½ turn left
5&6 Step right to right, close left beside right, step right to right
7-8 Touch left toe back, make ½ turn left

REPEAT