

Mirror Cha Cha

拍数: 64 墙数: 1 级数: Intermediate
编舞者: Lyn Abbott (UK)
音乐: Livin' On Love - Alan Jackson



STEP FORWARD, TOE TAPS, CROSS SHUFFLE, TOE TAP, ¼ TURN FLICK

1-3 Step forward on left foot, tap right toes behind left, tap right toes to right side
4&5 Cross right over left, step left to left, cross right over left
6-7 Tap left toes to left side, flick left foot behind while making ¼ turn right

LEFT SHUFFLE, TAP, KICK, RIGHT SHUFFLE BACK, ½ TURN LEFT SHUFFLE

8&1 Step forward on left, close right beside left, step forward on left
2-3 Tap right toes beside left, kick right forward
4&5 Step back on right, close left beside right, step back on right
6&7 Making ½ turn left shuffle - stepping left, right left
8 Step forward on right

ROCK STEP, ½ TURN LEFT SHUFFLE, LOCK STEP ¼ TURN, SCUFF

1-2 Step forward on left, rock back on to right
3&4 Making ½ turn left shuffle - stepping left, right, left
5-6 Step forward on right, lock left behind right
7-8 Make ¼ turn right stepping forward on right, scuff left forward on left side

HEEL TAPS, HEEL HOOK ¼ TURN, LEFT SHUFFLE, ROCK STEP

1-2 Tap left heel over right, tap left heel to left side
3-4 Tap left heel over right, hook left heel over right foot and make ¼ turn left
5&6 Step forward on left, close right beside left, step forward on left
7-8 Step forward on right, rock back on left

STEP FORWARD, TOE TAPS, CROSS SHUFFLE, TOE TAP, ¼ TURN FLICK

1-3 Step forward on right foot, tap left toes behind right, tap left toes to left side
4&5 Cross left over right, step right to right, cross left over right
6-7 Tap right toes to right side, flick right foot behind while making ¼ turn left

RIGHT SHUFFLE, TAP, KICK, LEFT SHUFFLE BACK, ½ TURN RIGHT SHUFFLE

8&1 Step forward on right, close left beside right, step forward on right
2-3 Tap left toes beside right, kick left forward
4&5 Step back on left, close right beside left, step back on left
6&7 Making ½ turn right shuffle - stepping right, left, right
8 Step forward on left

ROCK STEP, ½ TURN RIGHT SHUFFLE, LOCK STEP ¼ TURN, SCUFF

1-2 Step forward on right, rock back on to left
3&4 Making ½ turn right shuffle - stepping right, left, right
5-6 Step forward on left, lock right behind left
7-8 Make ¼ turn left stepping forward on left, scuff right forward on right side

HEEL TAPS, HEEL HOOK ¼ TURN, RIGHT SHUFFLE, ROCK STEP

1-2 Tap right heel over left, tap right heel to right side
3-4 Tap right heel over left, hook right heel over left foot and make ¼ turn right
5&6 Step forward on right, close left beside right, step forward on right

7-8

Step forward on left, rock back on right

REPEAT

Sections 5-8 are the mirror images of sections 1-4
