

Mirror Image

拍数: 64 墙数: 1 级数:
编舞者: Sharon Hutchinson (UK)
音乐: The Show - Girls Aloud



The dance is only 32 counts but it is then repeated on the back wall in mirror image. When starting the dance on the front wall start with your right leg, when starting on the back wall start with your left leg

POINT, HOLD, SWITCH POINT, SWITCH POINT, SHOULDER ROCKS, JAZZ BOX ½ TURN

- 1-2 Point right toe to right side, hold 1 count
- &3- Switch and point left toe to left side,
- &4- Switch and point right toe to right side
- 5-6 Rock to right side pushing right shoulder up, rock to left side pushing left shoulder up (leaving feet shoulder width apart)

Alternative: sway right then left

- 7&8 Cross right over left, step back on left, make ½ turn to right stepping forward on right

CHASSE LEFT, CROSS ROCK, ROLLING VINE RIGHT AND CHASSE

- 1&2 Step left to left side, close right next to left, step left to left side
- 3-4 Cross rock right over left, recover weight onto left
- 5-6 Make ¼ turn right stepping right forward, make ½ turn right stepping left back
- 7&8 Make ¼ turn right stepping right to right side, close left next to right, step right to right side

JUMP HOLD, JUMP HOLD, MAMBO STEP, COASTER STEP

- &1-2 Jump diagonally forward left on left, touch right next to left, hold 1 count
- &3-4 Jump diagonally forward right on right, touch left next to right, hold 1 count
- 5&6 Rock forward onto left, recover weight onto right, close left next to right
- 7&8 Step back on right, close left next to right, step forward on right

STEP PIVOT ½ TURN RIGHT, ½ TURN RIGHT, KICK BALL CHANGE, HEEL SWITCH, POINT

- 1-2-3 Step forward on left, pivot ½ turn right, make ½ turn right closing left foot next to right
- 4&5 Kick right foot forward, step on ball of right, step forward on left
- 6&7 Touch right heel forward, switch and touch left heel forward
- &8& Close left next to right, point right to right side, close right next to left

POINT, HOLD, SWITCH POINT, SWITCH POINT, SHOULDER ROCKS, JAZZ BOX ½ TURN

- 1-2 Point left toe to left side, hold 1 count
- &3- Switch and point right toe to right side
- &4 Switch and point left toe to left side
- 5-6 Rock to left side pushing left shoulder up, rock to right side pushing right shoulder up (leaving feet shoulder width apart)

Alternative: sway left then right

- 7&8 Cross left over right, step back on right, make ½ turn to left stepping forward on left

CHASSE RIGHT, CROSS ROCK, ROLLING VINE LEFT AND CHASSE

- 1&2 Step right to right side, close left next to right, step right to right side
- 3-4 Cross rock left over right, recover weight onto right
- 5-6 Make ¼ turn left stepping left forward, make ½ turn left stepping right back
- 7&8 Make ¼ turn left stepping left to left side, close right next to left, step left to left side

JUMP HOLD, JUMP HOLD, MAMBO STEP, COASTER STEP

- &1-2 Jump diagonally forward right on right, touch left next to right, hold 1 count

&3-4 Jump diagonally forward left on left, touch right next to left, hold 1 count
5&6 Rock forward onto right, recover weight onto left, close right next to left
7&8 Step back on left, close right next to left, step forward on left

STEP PIVOT ½ TURN LEFT, ½ TURN LEFT, KICK BALL CHANGE, HEEL SWITCH, POINT

1-2-3 Step forward on right, pivot ½ turn left, make ½ turn left closing right foot next to left
4&5 Kick left foot forward, step on ball of left, step forward on right
6&7 Touch left heel forward, switch and touch right heel forward
&8& Close right next to left, point left to left side, close left next to right

REPEAT
