

# Reflection

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Alison Johnstone (AUS) - January 2013

音乐: Da Roots (ITG Mix) - Mind Reflection : (Album: Da Roots, In the Groove - iTunes)  
或: Da Roots (Folk Mix) - Mind Reflection : (Album: Da Roots, In the Groove - iTunes)



Start: After 32 counts on stronger beat 15 seconds into track  
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## (1-8) Walk, Walk, Kick Ball Change, Pivot ¼ over Left, Stomp, Stomp (9.00)

1, 2            Walk forward Right, Walk forward Left,  
3&4            Kick Right, Step on Right (&), Step on Left (Kick Ball Change)  
5, 6            Step Right forward, Pivot ¼ over Left,  
7, 8            Stomp Right next to Left, Stomp Left in Place

## (9-16) Rock Forward, Recover, Coaster Step, Pivot ½ Over Right, Shuffle Forward (3.00)

1, 2            Rock forward on Right, Recover on Left  
3&4            Step Back Right, Step Left back next to Right, Step Forward Right (Coaster Step)  
5, 6            Step Left Forward, Pivot ½ over Right  
7&8            Step forward Left, Step Right into Left, Step forward left (Shuffle)

## (17-24) Long Step Right, Drag Left in, Step, Small Side Step, Step in, Small Side Step, Cross Rock, Recover, ¼ Left turn Shuffle (12.00)

1, 2            LONG step to Right, Drag Left in \*\* Optional "Michael Flatley" arms up shoulder height Left\*\*  
&3&4            Step on Left (&), Small step Right (3), Step Left beside Right (&), Small step Right (4)  
5, 6            Cross Rock Left over Right, Recover Right  
7&8            ¼ Turn over Left Step forward Left, Step Right into Left, Step forward left (1/4 turn Shuffle)

## (25-32) Heel Ball Cross, Heel Ball Cross, Scuff, Hitch, Cross & Cross & Cross (12.00)

1&2            Dig Right heel to 1 o'clock, Step on Right, Cross Left over Right (Heel Ball Cross)  
3&4            Dig Right heel to 1 o'clock, Step on Right, Cross Left over Right (Heel Ball Cross)  
5&6            Scuff Right (5), Hitch changing direction to face 11 o'clock (&), Cross Right over Left (6),  
&7&8            Step side Left (&), Cross Right over left (7), Step side Left (&), Cross Right over left (8)

## (33-40) Side Rock, Recover, Behind Side Cross, switches Toe & Toe & Heel & Toe Back (12.00)

1, 2            Rock Left to side, Recover on Right,  
3&4            Cross Left behind Right, Step Right Side, Cross Left over Right  
5&6&            Right Toe to Side (5), Step Right Center (&), Left Toe to Side (6), Step Left Center (&)  
7&8            Right Heel Forward (7), Step Right Center (&), Touch Left Toe Back (8)

Dance finishes here facing wall 6 simply turn over Left shoulder and take weight on the Left

## (41-48) & Stomp Hold, & Stomp, Hold, & Paddle ¼ Left, Paddle ¼ Left (6.00)

&1, 2            Step Left beside Right (&), Stomp Right Forward (1), Hold (2)  
&3, 4            Step Left beside Right (&), Stomp Right Forward (3), Hold (4)  
&5, 6            Step Left Beside right (&), Touch Right forward, ¼ Turn over Left (Paddle Turn)  
7, 8            Touch Right forward, ¼ Turn over Left (Paddle Turn)

## (49-56) Cross Rock, Recover, Side Chasse, Cross Rock, Recover, Side Chasse

1, 2            Rock Right in front of Left, Recover Left  
3&4            Step Right to side, Step Left beside Right(&), Step Right to Side (Chasse)  
5, 6            Rock Left in front of Right, Recover Right  
7&8            Step Left to side, Step Right beside Left(&), Step Left to Side (Chasse)

**(57-64) Kick Ball Step, Kick Ball Step, Pivot ½ over Left x 2**

1&2 Kick Right forward, Step Right beside Left (&), Small step forward Left  
3&4 Kick Right forward, Step Right beside Left (&), Small step forward Left  
5, 6 Step Right forward, Pivot ½ over Left  
7, 8 Step Right forward, Pivot ½ over Left

**START AGAIN**

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