

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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