

Mirrors

拍数: 64 墙数: 2 级数: Intermediate / Advanced - Contra
编舞者: Amy Glass (USA) & Will Craig (USA) - June 2013
音乐: Mirrors (Radio Edit) - Justin Timberlake



16 count intro

This is a contra phrased nightclub style dance but you only need to learn 1 part, your choice of part A or B. Same dance steps just opposite footwork and direction as if you are the mirror to your partner

PART A - 64 counts

(Starting to the left side, facing your partner who is dancing part B)

[1-8] Nightclub Basic Left, Behind Side Cross, Rock Recover 1/4 Turn Left, 1/2 Turn Right, 1/2 Turn Right

- 1 2& Step left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot
- 3 4& Step right foot to right side, Step left foot behind right foot, Step right foot to right side
- 5 6& Cross left foot over right foot, Rock right foot to right side, Recover weight onto left foot while making a 1/4 turn left (facing 9 o'clock)
- 7 8& Step right foot forward, make 1/2 turn right stepping back onto the left foot, Make 1/2 turn right stepping right foot forward (facing 9 o'clock)

[9-16] 1/4 Turn Right Into A Nightclub Basic Left, Sway Right Left Right, Nightclub Basic Left, Walk Right Left

- 1 2& Make 1/4 turn right while stepping left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot (facing 12 o'clock)
- 3 4& Sway right, Sway left, Sway right
- 5 6& Step left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot
- 7 8 Step right foot forward, Step left foot forward (During the walks you will be crossing lines. You ALWAYS pass WITH YOUR PARTNER ON YOUR LEFT SIDE)

[17-24] 1/2 Turn Left While Sweeping Left Foot, Behind Side, Rocking Chair, Rock Recover 1/4 Turn Left, 1/2 Turn Right, 1/2 Turn Right

- 1 2& Make a 1/2 turn left while stepping down on the right foot and sweeping the left foot behind the right, Step left foot behind right foot, Step right foot to right side (facing 6 o'clock)
- 3&4& Rock left foot forward and across right foot, Recover weight back onto right foot, Rock left foot back, Recover weight onto right foot (angle the rocking chair to face 7:30)
- 5 6& Cross left foot over right foot, Rock right foot to right side, Recover weight onto left foot while making a 1/4 turn left (facing 3 o'clock)
- 7 8& Step right foot forward, make 1/2 turn right stepping back onto the left foot, Make 1/2 turn right stepping right foot forward (facing 3 o'clock)

[25-32] 1/4 Turn Right Into A Nightclub Basic Left, Sway Right Left Right, Nightclub Basic Left, Walk Right Left

- 1 2& Make 1/4 turn right while stepping left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot (facing 6 o'clock)
- 3 4& Sway right, Sway left, Sway right
- 5 6& Step left foot to left side, Rock right foot back and slightly behind left foot, Recover weight onto left foot
- 7 8 Step right foot forward, Step left foot forward (During the walks you will be crossing lines. AGAIN you ALWAYS pass WITH YOUR PARTNER ON YOUR LEFT SIDE)

[33-40] Step Right Foot To Right Side Look Right, Look Left, 1/4 Turn Right Rock And Cross, Back Together Cross, Back Together Cross

- 1 2 Step right foot to right side while looking right and over your right shoulder at your partner, Look left over your left shoulder at your partner (for counts 1 2 you will be back to back with your partner)
- 3&4& Make 1/4 turn right placing weight onto right foot, Rock left foot forward, Make 1/4 turn right while recovering weight onto right foot, Cross left foot over right foot (facing 12 o'clock)
- 5 6& Step back onto right foot, Bring left foot next to right foot, Cross right foot over left
- 7 8& Step back onto left foot, Bring right foot next to left foot, Cross left foot over right

[41-48] Back, Full Turn Forward, Rock Recover Back, Coaster Step, Forward Side Cross

- 1 2& Step back onto right foot, Make 1/4 turn left placing weight onto left foot (facing 9 o'clock), Making a 1/4 turn left step back onto right foot (facing 6 o'clock)
- 3&4& Make 1/4 turn left stepping left foot to left side (facing 3 o'clock), Make 1/4 turn left stepping right foot forward (facing 12 o'clock), Rock left foot forward, Recover weight back onto right foot
- 5 6& Step left foot back, Step right foot back, Step left foot next to right foot
- 7 8& Step right foot forward, Step left foot forward, Cross right foot over left

[49-56] Side Behind 1/4 Turn, Rock Recover, Behind 1/2 Turn, Cross Turning Switch Lines Touch

- 1 2& Step left foot to left side, Step right foot behind left foot, Make 1/4 turn left stepping left foot forward (facing 9 o'clock),
- 3 4& Rock right foot forward, Recover weight back onto left foot, Step right foot behind left foot while making a 1/4 turn left (facing 6 o'clock),
- 5 6 Make 1/4 turn left stepping left foot forward (facing 3 o'clock), Cross right foot over left foot
- 7&8 Make 1/4 right while stepping left foot back while switching side with your partner, Step right foot to right side, Touch left foot next to right foot (facing 6 O'Clock and in front of your partner)

[57-64] Step Left Foot To Left Side While Left Arm Moves Up, Down and Across, Across and Wave Across, Night Club Basic Left, 1/4 Turn Right, 3/4 Turn Right

- 1 2& Step left foot to left side while bringing left arm up open palm, Bring left palm down and across body so that its beside your right hip while placing weight onto right foot, Bring left palm to left side beside left hip while placing weight back onto left foot
- 3 4& Wave left palm from left hip across to right hip and up and over head to left side while placing weight onto right foot, Step left foot to left side, Rock right foot back and slightly behind left foot
- 5 6 Recover weight onto left foot, Make 1/4 turn right stepping right foot forward (facing 3 o'clock)
- 7 8 Step left foot forward, Turn 3/4 turn right placing weight onto right foot (facing 6 o'clock)

RESTARTS:

Wall 1 after 48 counts you will dance 12 o'clock again

Wall 3 after 48 counts you will dance 6 o'clock again

Wall 5 after 32 counts Instead of walk walk and switching sides you will:

Walk right foot forward for count 7 Rock left foot forward for count 8 Recover weight onto right foot for & (facing 6 o'clock)

PART B - 64 counts

(Starting to the right side, facing your partner who is dancing part A)

[1-8] Nightclub Basic Right, Behind Side Cross, Rock Recover 1/4 Turn Right, 1/2 Turn Left, 1/2 Turn Left

- 1 2& Step right foot to right side, Rock left foot back and slightly behind right foot, Recover weight onto right foot
- 3 4& Step left foot to left side, Step right foot behind left foot, Step left foot to left side
- 5 6& Cross right foot over left foot, Rock left foot to left side, Recover weight onto right foot while making a 1/4 turn right (facing 3 o'clock)
- 7 8& Step left foot forward, make 1/2 turn left stepping back onto the right foot, Make 1/2 turn left stepping left foot forward (facing 3 o'clock)

[9-16] 1/4 Turn Left Into A Nightclub Basic Right, Sway Left Right Left, Nightclub Basic Right, Walk Left Right

- 1 2& Make 1/4 turn left while stepping right foot to right side, Rock left foot back and slightly behind right foot, Recover weight onto right foot (facing 12 o'clock)
- 3 4& Sway left, Sway right, Sway left
- 5 6& Step right foot to right side, Rock left foot back and slightly behind right foot, Recover weight onto right foot
- 7 8 Step left foot forward, Step right foot forward (During the walks you will be crossing lines. You ALWAYS pass WITH YOUR PARTNER ON YOUR LEFT SIDE)

[17-24] 1/2 Turn Right While Sweeping Right Foot, Behind Side, Rocking Chair, Rock Recover 1/4 Turn Right, 1/2 Turn Left, 1/2 Turn Left

- 1 2& Making a 1/2 turn right while stepping down on the left foot and sweeping the right foot behind the left, Step right foot behind left foot, Step left foot to left side (facing 6 o'clock)
- 3&4& Rock right foot forward and across left foot, Recover weight back onto left foot, Rock right foot back, Recover weight onto left foot (angle the rocking chair to face 4:30)
- 5 6& Cross right foot over left foot, Rock left foot to left side, Recover weight onto right foot while making a 1/4 turn right (facing 9 o'clock)
- 7 8& Step left foot forward, make 1/2 turn left stepping back onto the right foot, Make 1/2 turn left stepping left foot forward (facing 9 o'clock)

[25-32] 1/4 Turn Left Into A Nightclub Basic Right, Sway Left Right Left, Nightclub Basic Right, Walk Left Right

- 1 2& Make 1/4 turn left while stepping into right foot to right side, Rock left foot back and slightly behind right foot, Recover weight onto right foot (facing 6 o'clock)
- 3 4& Sway left, Sway right, Sway left
- 5 6& Step right foot to right side, Rock left foot back and slightly behind right foot, Recover weight onto right foot
- 7 8 Step left foot forward, Step right foot forward (During the walks you will be crossing lines. You ALWAYS pass WITH YOUR PARTNER ON YOUR LEFT SIDE)

[33-40] Step Left Foot To Left Side Look Left, Look Right, 1/4 Turn Left Rock And Cross, Back Together Cross, Back Together Cross

- 1 2 Step left foot to left side while looking left and over your left shoulder at your partner, Look right over your right shoulder at your partner (for counts 1 2 you will be back to back with your partner)
- 3&4& Make 1/4 turn left placing weight onto left foot, Rock right foot forward, Make 1/4 turn left while recovering weight onto left foot, Cross right foot over left foot (facing 12 o'clock)
- 5 6& Step back onto left foot, Bring right foot next to left foot, Cross left foot over right
- 7 8& Step back onto right foot, Bring left foot next to right foot, Cross right foot over left

[41-48] Back, Full Turn Forward, Rock Recover Back, Coaster Step, Forward Side Cross

- 1 2& Step back onto left foot, Make 1/4 turn right placing weight onto right foot (facing 3 o'clock), Making a 1/4 turn right step back onto left foot (facing 6 o'clock)
- 3&4& Make 1/4 turn right stepping right foot to right side (facing 9 o'clock), Make 1/4 turn right stepping left foot forward (facing 12 o'clock), Rock right foot forward, Recover weight back onto left foot
- 5 6& Step right foot back, Step left foot back, Step right foot next to left foot
- 7 8& Step left foot forward, Step right foot forward, Cross left foot over right

[49-56] Side Behind 1/4 Turn, Rock Recover, Behind 1/2 Turn, Cross Turning Switch Lines Touch

- 1 2& Step right foot to right side, Step left foot behind right foot, Make 1/4 turn right stepping right foot forward (facing 3 o'clock),
- 3 4& Rock left foot forward, Recover weight back onto right foot, Step left foot behind right foot while making a 1/4 turn right (facing 6 o'clock),
- 5 6 Make 1/4 turn right stepping right foot forward (facing 9 o'clock), Cross left foot over right foot
- 7&8 Make 1/4 turn left while stepping right foot back while switching side with your partner, Step left across right foot, Touch right foot next to left foot (facing 6 o'clock and in front of your partner)

[57-64] Step Right Foot To Right Side While Right Arm Moves Up, Down and Across, Across and Wave Across, Night Club Basic Right, 1/4 Turn left, 3/4 Turn left

- 1 2& Step right foot to right side while bringing right arm up open palm, Bring right palm down and across body so that its beside your left hip while placing weight onto left foot, Bring right palm to right side beside right hip while placing weight back onto right foot
- 3 4& Wave right palm from right hip across to left hip and up and over head to right side while placing weight onto left foot, Step right foot to right side, Rock left foot back and slightly behind right foot
- 5 6 Recover weight onto right foot, Make 1/4 turn left stepping left foot forward (facing 9 o'clock)
- 7 8 Step right foot forward, Turn 3/4 turn left placing weight onto left foot (facing 6 o'clock)

RESTARTS:

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Wall 3 after 48 counts you will dance 6 o'clock again

Wall 5 after 32 counts Instead of walk walk and switching sides you will:

Walk left foot forward for count 7 Rock right foot forward for count 8 Recover weight onto left foot for & (facing 6 o'clock)

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