

Reflexion (reflection)

拍數: 72 牆數: 2 級數: Improver
編舞者: Andrés de la Rubia Albertí (ES) - July 2018
音樂: People Get Old - Lori McKenna



[1-8] Rumba box (R&L)

- 1 Rf to the right
- 2 Lf beside Rf
- 3 Rf foward
- 4 Hold
- 5 Lf to the left
- 6 Rf beside Lf
- 7 Lf back
- 8 Hold

[9-16] step back, right & left , coaster cross

- 9 RF back
- 10 Hold
- 11 Lf back
- 12 Hold
- 13 Rf back
- 14 Lf next Rf
- 15 Cross Rf over Lf
- 16 Hold

[17-24] Side, Touch, Side, Touch, side, together, cross

- 17 Lf to the left
- 18 Touch Rf next Lf
- 19 Rf to the right
- 20 Touch Lf next Rf
- 21 Lf to the left
- 22 Rf next Lf
- 23 Cross Lf over Rf
- 24 Hold

[25-32] side, hold, behind, hold , shuffle ¼ turn right

- 25 Rf to the right
- 26 Hold
- 27 Lf behind Rf
- 28 Hold
- 29 Rf to the right
- 30 Lf next Rf
- 31 Rf ¼ turn right
- 32 Hold

[33-40] step right foward, hold, ¼ turn right, hold,cross shuffle

- 33 Lf foward
- 34 Hold
- 35 ¼ turn right
- 36 Hold
- 37 Cross Lf over Rf
- 38 Rf to the right

39 Cross Lf over Rf
40 Hold

[41-48] step right ¼ turn right, hold, step left ½ turn right ,hold,coaster step

41 Rf foward ¼ turn right
42 Hold
43 Lf back ½ turn right
44 Hold
45 Rf back
46 Lf back
47 Rf foward
48 Hold

[49-56] steps (L&R),step right, hold, step left, hold

49 Lf foward
50 Hold
51 Rf foward
52 Hold
53-55 Steps foward, Lf,Rf,Lf
56 Hold

[57-64] Rock foward,back, Rock foward,1/4 turn right,Hold

57 Rf foward
58 Recover weight Lf
59 Rf back
60 Recover weight Lf
61 Rf foward
62 Recover weight Lf
63 Rf ¼ turn right
64 Hold

[65-72] Toe strut,Touch,Side,Touch,Side,Touch

65 Toe Lf over Rf
66 Strut heel Lf
67 Touch Rf next Lf
68 Hold

(Restart in 1^a, 3^a y 6^a walls)

69 Rf to the right
70 touch Lf next Rf
71 Lf to the left
72 Touch Rf next Lf

Contact: andreslinedance@andreslinedance.es
