

A Simple Reflection

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Anne Herd (AUS) - May 2021
音樂: Da Roots (Folk Mix) - Mind Reflection : (CD: Da Roots (In the Groove) - iTunes)



Start 32 beats in weight on L - No Tags/Restarts

CROSS SIDE, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS SHUFFLE

1-2-3&4 Cross R over L, Step L to side, Cross R behind L, Step L to side, Cross R over
5-6-7&8 Rock R to side, Cross shuffle L over R stepping LRL

1/4, 1/4, SHUFFLE FWD. ROCK FWD. COASTER

1-2-3&4 Turning 1/4, L, Step back on R, Turning 1/4 L step L to side, Shuffle fwd. RLR
5-6-7&8 Rock fwd. on L, Recover to R, Step back on L, Step R beside L, Step fwd. on L

SIDE TOGETHER, SIDE SHUFFLE, CROSS ROCK, 1/4 SHUFFLE FWD

1-2-3&4 Step R to side, Step L beside R, Side shuffle R stepping RLR
5-6-7&8 Cross L over R, recover to R, Turn 1/4 L shuffle fwd. stepping LRL 9:00

(Styling: Clap once on count 2)

HEEL & HEEL & HEEL, HOLD, & HEEL & HEEL & HEEL, HOLD, & STEP

1&2&3-4& Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R, Touch R heel fwd.
Hold, Step R beside L
5&6&7-8& Touch L heel fwd. Step L beside R, Touch R heel fwd. Step R beside L, Touch L heel fwd.
Hold, Step L beside R

(Styling: Clap twice on the holds)

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