

# 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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