# Smilet i ditt eget speil

級數: Phrased Advanced

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音樂: Smilet i ditt eget speil - Chris Holsten

Intro: After 16 counts Sequence: A, B, A, B, B, B

#### Part A - 48 counts

#### [1-8] Step Half, ½ Turn x4, ¼ Turn Sweep, Weave, ¼ Turn Step Forward

- 1, 2 Step R forward, <sup>1</sup>/<sub>2</sub> Turn over L shoulder (weight ends on L foot) (6:00)
- & 3 <sup>1</sup>/<sub>2</sub> Turn over L shoulder R step back (12:00), <sup>1</sup>/<sub>2</sub> Turn over L shoulder L step forward (6:00)
- & 4 <sup>1</sup>/<sub>2</sub> Turn over L shoulder R step back (12:00), <sup>1</sup>/<sub>2</sub> Turn over L shoulder L step forward (6:00)
- 5, 6 & Sweep R 1/4 Turn to end up in front of L (3:00), Cross R over L, Step L to left side
- 7, 8 Cross R behind L, ¼ Turn Step L forward (12:00)

#### [9-16] Step Half, ½ Turn Sweep, Hold, Behind, Side, 1/8 Turn Rocking Chair Step

- & 1 Step R forward, <sup>1</sup>/<sub>2</sub> Turn over L shoulder (weight ends on L foot) (6:00)
- & 2, 3 Step R together, ½ Turn over L shoulder Sweep L from front to behind R (12:00) (on count 2-3)
- 4 & 5, 6 Cross L behind R, Step R to right side, 1/8 Turn Rock L forward (1:30), Recover onto R
- 7, 8 Rock L back, Recover onto R

### [17-24] ¼ Turn Sweep, Behind, Side, ½ Diamond, Spiral Turn

- 1 Step L together making ¼ turn Sweeping R from front to behind L (4:30)
- 2 & 3 Cross R behind L, Step L to left side, Step R forward
- 4 & 5 Step L forward, 1/8 Turn Step R to right side (3:00), 1/8 Turn Step L back (1:30)
- 6 & 7 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L
- 8 Full spiral turn over L shoulder (keeping both feet on the same spot) (weight ends on R)

### [25-32] Side, Cross, Side, Hitch, Sway, Sway, ¼ Turn Step Forward, ½ Turn Step Back, ½ Turn Step Forward, ½ Turn Step Back

- & 1 Step L to left side, Cross R over L
- & 2 Step L to left side, Lift R knee making a small circle in front of L
- 3, 4 Step R down (weight on R), Sway to the left (weight on L)
- 5, 6 <sup>1</sup>/<sub>4</sub> Turn Step R forward (3:00), <sup>1</sup>/<sub>2</sub> Turn over R shoulder Step L back (9:00)
- 7, 8 <sup>1</sup>/<sub>2</sub> Turn over R shoulder Step R forward (3:00), <sup>1</sup>/<sub>2</sub> Turn over R shoulder Step L back (9:00)

### [33-40] ¼ Turn Step Side, Weave, 1/8 Turn Step Half, ½ Turn Sweep, Sweep

- 1, 2 & 1/4 Turn Step R to right side (12:00), Cross L behind R, Step R to right side
- 3 & 4 Cross L over R, Step R to right side, Cross L behind R
- & 5, 6 Step R to right side, 1/8 Turn Step L forward (1.30), ½ Turn over R shoulder (weight ends on R) (7:30)
- 7, 8 Step L together making ½ Turn over R shoulder Sweeping R from front to behind L (1:30), Step R down Sweeping L from front to behind R

# [41-48] Sweep, Weave, ¼ Turn Step Half, ½ Turn Step Back, ½ Turn Step Forward (¼ Turn Step R to right side to begin with part B)

- 1, Step L down Sweeping R from front to behind L
- 2 & 3 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L
- & 4 Step L to left side, Cross R behind L
- & 5, 6
  ¼ Turn Step L forward (9:00), Step R forward, ½ Turn over L shoulder (weight ends on L) (3:00)





拍數: 80

**牆數:**2

7, 8 <sup>1</sup>/<sub>2</sub> Turn over L shoulder Step R back (9:00), <sup>1</sup>/<sub>2</sub> Turn over L shoulder Step L forward (3:00) To start with part B, <sup>1</sup>/<sub>4</sub> Turn Step R to right side (12:00)

### Part B - 32 counts

[1-8] Side, Behind, ¼ Turn Step Forward, Mambo, ½ Turn Step Forward, Out, Out, Lock, Full Spiral Turn, ¼
Turn Step Forward

- 1, 2 & Step R to right side, Cross L behind R, ¼ Turn Step R forward (3:00)
- 3 & 4 Rock L forward, Recover onto R, <sup>1</sup>/<sub>2</sub> Turn over L shoulder Step L forward (9:00)
- & 5, 6 Step R out, Step L out, Lock R behind L
- 7, 8Full spiral turn over R shoulder (keeping both feet on the same spot) (weight ends on L), ¼Turn Step R forward (12.00)

# [9-16] ½ Turn Step Back, Step Sweep, Weave, Side, 1/8 Turn Step Half, ¼ Turn Step Side, ½ Turn Step Side, Rock Recover

- & 1
  ½ Turn over R shoulder Step L back (6:00), Step R together making ½ Turn over R shoulder Sweeping L from behind to front of R (12:00)
- 2 & 3 Cross L over R, Step R to right side, Cross L behind R
- & 4 Step R to right side, 1/8 Turn Step L forward (1:30)
- 5, 6 1/2 Turn over R shoulder (weight ends on R) (7:30), 1/4 Turn Step L to left side (10:30)
- 7, 8 & <sup>1</sup>/<sub>2</sub> Turn over L shoulder Step R to right side (4:30), Rock L forward, Recover onto R

# [17-24] Step Back with Hitch, Coaster Step, Full Turn, Step, Step Hitch, Step Hitch, Step Sweep, Step Back, Step Together

- 1 Step L back while Hitching R knee
- 2 & 3 Step R back, 1/8 Turn Step L together (3:00), Step R forward
- 4 & Full turn over L shoulder (weight ends on R), Step L forward
- 5, 6 Step R forward while Hitching L knee behind R, Step L back while Hitching R knee
- 7, 8 & Step R back while Sweeping L from front to behind R, Step L back, Step R together

### [25-32] ¼ Turn Step, ¾ Turn, Close, Hold, Weave, ¼ Turn Step, Step, Touch

- 1, 2 <sup>1</sup>/<sub>4</sub> Turn Step L forward (12:00), <sup>3</sup>/<sub>4</sub> Turn over L shoulder keeping your weight on L foot (3:00)
- 3, 4 Close R next to L, Hold (keep your weight on R)
- 5 & 6 Cross L behind R, Step R to right side, Cross L over R
- & 7 Step R to right side, Cross L behind R
- & 8 & ¼ Turn Step R forward (6:00), Step L forward, Touch R next to L

#### No tags, no restarts