

Spegel Spegel

拍數: 32 牆數: 2 級數: Improver
編舞者: Marie Sørensen (TUR) - 8 July 2024
音樂: Spegel Spegel (Mirror Mirror) - Lasse Stefanz



#12 count intro

There are 3 very easy tags.

CROSS ROCK, RECOVER, CHASSE, CROSS ROCK, RECOVER, CHASSE 1/4 TURN

1-2 Cross right in front of left, recover
3&4 Step right to the right side, step left next to right, step right to the right side
5-6 Cross left in front of right, recover
7-8 Step left to the left side, step right next to left, 1/4 turn left, step fwd. on left (09.00)

SIDE, TOGETHER, SHUFFLE FWD. SIDE TOGETHER, SHUFFLE BACK

1-2 Step right to the right side, step left next to right
3&4 Step right fwd. step left next to right, step fwd. right
5-6 Step left to left side, step right next to left
7&8 Step left back, step right next to left, step back on left (09.00)

BACK ROCK RIGHT, RECOVER, KICKBALL STEP TWICE WITH RIGHT, STOMP STOMP FWD.

1-2 Back rock right, recover
3&4 Kick right fwd. step right next to left, step fwd. left
5&6 Kick right fwd. step right next to left, step fwd. left
7-8 Stomp fwd. right, left (09.00)

SIDE ROCK, RECOVER, SAILOR STEP, SIDE ROCK, RECOVER SAILOR STEP 1/4 TURN

1-2 Rock right to the right side, recover
3&4 Sweep right behind left, step left next to right, step fwd. right
5-6 Rock left to the left side, recover
7&8 1/4 turn left, Sweep left behind right, right next to left, step left next to the right (06.00)

TAG 1 - 8 counts - After wall 1, facing 06.00

WALK FWD RIGHT, LEFT, MAMBO STEP, WALK BACK LEFT, RIGHT, COASTERSTEP

1-2 Walk fwd right, left
3&4 Rock fwd right, recover, step right next to left
5-6 Walk back left, right
7&8 Step back on left, step right next to left, step fwd. on left

TAG 2 - 4 counts - After wall 4, facing 12.00

1-4 Sway right, left, right, left - Have fun and raise your arms

TAG 3 - 4 counts - After wall 5, facing 06.00

1-4 Sway right, left, right, left - Have fun and raise your arms

Start again !

Have a lot of fun.

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