

My Reflection

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Ryan (INA) & Kiki (INA) - March 2025
音樂: reflection - Alexander Stewart



Intro 16C

TAG ON WALL 3 , NO RESTART

SEC1 : FWD ROCK, RECOVER, CLOSE, FWD SWEEP, CROSS, SIDE, BACK HITCH, BEHIND, SIDE, CROSS ROCK, RECOVER, TURN ¼ LEFT FWD, TURN ½ LEFT BACK

- 12&. Rock R forward (1), recover on L (2), step R next to L (&)
- 34&. Step L forward and sweep R to front (3), cross R over L (4), step L to side (&)
- 56&. Step R back and hitch L (5), cross L behind R (6), step R to side (&)
- 7&8&. Cross rock L over R (7), recover on L (&), turn ¼ Left step L forward (8), turn ½ Left step R back (&)

SEC2 : TURN ½ LEFT FWD, FWD ROCK, RECOVER, BACK SWEEP (R-L), BEHIND, SIDE, CROSS ROCK, RECOVER, SIDE ROCK, RECOVER, BACK ROCK, RECOVER

- 12&. Turn ½ Left step L forward (1), rock R forward (2), recover on L (&)
- 3-4. Step R back with sweep L back (3), step L back with sweep R back (4)
- 5&6&. Cross R behind L (5), step L to side (&), cross rock R over L (6), recover on L (&)
- 7&8&. Rock R to side (7), recover on L (&), rock back R (8), recover on L (&)

SEC3 : DIAMOND, BASIC NC, SWAY (L-R-L)

- 12&. Step R to side (1), turn ⅛ Left step L back (2), step R back (&)
- 34&. Turn ⅛ Left step L to side (3), turn ⅛ Left step R forward (4), step L forward (&)
- 56&. Turn ⅛ Left step R to side (5), cross L slightly behind R (6), cross R over L (&)
- 7&8. Step L to side and sway L (7), sway R (8), sway L (&)

SEC4 : SYNCOPATED WAVE, CROSS ROCK, RECOVER, TURN ¼ LEFT FWD, PIVOT ½ LEFT

- 12&. Step R to side (1), cross L behind R (2), step R to side (&)
- 3&4&. Cross L over R (3), step R to side (&), cross L behind R (4), step R to side (&)
- 5-6. Cross rock L over R (5), recover on L (6)
- &78. Turn ¼ Left step L forward (&), step R forward (7), turn ½ Left step L in place (8)

TAG : FWD ROCK RECOVER CLOSE (R-L)

- 12&. Rock R forward (1), recover on L (2), step R next to L (&)
- 34&. Rock L forward (3), recover on R (4), step L next to R

Enjoy the dance

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