

Reflections

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael O'Shea (IRE)
音樂: I've Been Better - Brad Paisley



ROCK STEP, ½ TURN SHUFFLE, PIVOT ½ TURN, COASTER STEP

1-2 Rock forward right, replace weight onto left
3&4 Turning ½ turn right shuffle right, left, right
5-6 Step forward left, pivot ½ turn right
7&8 Step back right, close left to right, step forward right

STEP HOOK, SHUFFLE RIGHT, FULL TURN, SHUFFLE LEFT

1-2 Step back left, hook right across left
3&4 Shuffle forward right, left, right
5-6 Step forward left turning ½ turn right, step forward right turning ½ turn right
7&8 Shuffle forward left, right, left

¼ TURN, CROSS SHUFFLE, SIDE ROCK, BEHIND SIDE CROSS

1-2 Step forward right, turn ¼ turn left
3&4 Cross right over left, step left to left, cross right over left
5-6 Rock left to left side, replace weight onto right
7&8 Step left behind right, step right to right side, cross left over right

SIDE STEPS WITH HOLDS, SAILOR STEP, PIVOT ½ TURN

1-2 Step right to right, hold
&3-4 Close left to right, step right to right, hold
5&6 Step left behind right step right to right, step left to left
7-8 Step forward right, pivot ½ turn left

REPEAT
