

Mirror, Mirror

拍數: 0 牆數: 1 級數: Phrased Improver
編舞者: Chip Hubbard (USA) - May 2012
音樂: I Believe in Love (Evil Queen Mix) - Lily Collins



Start dancing on lyrics - Sequence: A-, B1, A, B2, C, A, D
Arm movements are interpretive - refer to video

PART A:

4 Counts: Bringing Arms From Crossed In Front, Out And Around To Front Again Forming Praying Hands, Rock Right, Recover, Triples, Rock Left, Recover, Triples

1-2 Rock right forward, recover to left
3&4 Triples in place stepping right, left, right
5-6 Rock left forward, recover to right
7&8 Triples in place stepping left, right, left

Rock Out Right, Recover, Triples, Rock Out Left, Recover, Triples

1-2 Rock right foot out, recover left
3&4 Triples in place stepping right, left, right
5-6 Rock left foot out, recover right
7&8 Triples in place stepping left, right, left

Repeat (Above 16 Counts)

Step Out Right, Step Out Left, Step In Right, Step In Left (Twice)

&1&2 Step right out, step left out, step right in, step left in
&3&4 Step right out, step left out, step right in, step left in

PART A-: In Part A-, the first 16 counts of Part A are done only once

PART B1:

Pause 4 Counts

Step R Turn ¼ Left, Step L Turn ¼ Left, Step R Turn ½ Left, Step L Turn ¼ Left, R Triple Forward, Turn ¼ Left Triple Forward

1-2 Step right, turning ¼ left (9:00), step left turning ¼ left (6:00)
3-4 Step right turning ½ left (12:00), step left turning ¼ left (9:00)
5&6 Shuffle forward right, left, right
7&8 Turning ¼ left (6:00), chasse forward left, right, left

Step Right Turn ½ Left, Left Weave, Step Left Turn ½ Right, Right Weave

1-2 Step right forward, turning ½ left step left (12:00)
3&4 Step right behind left, step out left, step right crossing over left
5-6 Turning ¼ left step left (9:00), step right to side
7&8 Step left behind right, step out right, step left crossing over right

Turn ¼ Right Sway Hips Rlrl, Cross R Over L, Step Back L, Step Out R, Cross L Over R

1-4 Turning ¼ right (12:00) step right and sway hips right, left, right left
5-8 Cross right over left, step back left, step right to side, cross left over right

Step Back Right, Step Left; Walk Right, Left Step Out Right Left, Step Out Left, Step In Right, Step In Left (Twice)

1-2 Step back right, step left to side
3-4 Step forward right, step forward left
&5&6 Step right out, step left out, step right in, step left in

&7&8 Step right out, step left out, step right in, step left in

PART B2: (Mirrors Part B1)

Pause 4 Counts

Step L Turn ¼ Right, Step R Turn ¼ Right, Step L Turn ½ Right, Step R Turn ¼ Right; Left Triple Forward, Turn ¼ Right Triple Forward

1-2 Step left, turning ¼ right (3:00), step right turning ¼ right (6:00)
3-4 Step left turning ½ right (12:00), step right turning ¼ right (3:00)
5&6 Shuffle forward left, right, left
7&8 Turning ¼ right (6:00), chase forward right, left, right

Step Left Turn ½ Right, Right Weave, Step Right Turn ½ Left, Left Weave

1-2 Step left forward, turning ½ right step right (12:00)
3&4 Step left behind right, step out right, step left crossing over right
5-6 Step right turning ¼ right step left (3:00)
7&8 Step right behind left, step out left, step right crossing over left

Turn ¼ Left Sway Hips Lrlr, Cross L Over R, Step Back L, Step Out R, Cross L Over R

1-4 Turning ¼ left (12:00) step left and sway hips left, right, left, right
5-8 Cross left over right, step back right, step left to side, cross right over left

Step Back Left, Step Right, Walk Left, Right; Step Out Left, Step Out Right, Step In Left, Step In Right (Twice)

1-2 Step back left, step right to side
3-4 Step forward left, step forward right
&5&6 Step left out, step right out, step left in, step right in
&7&8 Step left out, step right out, step left in, step right in

PART C:

Cross Rock, Triples; Cross Rock, Triples (Twice)

1-2 Cross/rock right over left, recover to left
3&4 Triple in place stepping right, left, right
5-6 Cross/rock left over right, recover to right
7&8 Triple in place stepping left, right, left

Repeat (Above 8 Counts)

Rock Hips Right To Left (8 Counts)

1-8 Rock hips right to left 8 counts (RL-RL-RL-RL) WITH SHAKE ARMS (see video)

PART D:

Rock Right, Recover, Shuffle ¼ Right; Step Left, Pivot ½ Right (Twice)

1-2 Rock right over left, recover left
3&4 Shuffle turning ¼ right (right, left right) (3:00)
5-6 Step left forward, pivot on right turning ½ right (6:00)
7-8 Step left forward, pivot on right turning ½ right (12:00)

Rock Left, Recover, Shuffle ¼ Left; Step Right, Pivot ½ Left (Twice)

1-2 Rock left over right, recover right
3&4 Shuffle turning ¼ left, (left, right left) (9:00)
5-6 Step right forward, pivot on left turning ½ left (3:00)
7-8 Step right forward, pivot on left turning ½ left (12:00)

Repeat Last 16 Steps

Step Out Right, Step Out Left, Step In Right, Step In Left (Twice)

&1&2 Step right out, step left out, step right in, step left in
&3&4 Step right out, step left out, step right in, step left in

Rock R Forward, Recover, Left Triple Back, Rock L Back, Recover, Right Triple Forward (Twice)

1-2 Rock forward right, recover left

3&4 Shuffle back right, left, right,

5-6 Rock back left, recover right

7&8 Shuffle forward left, right, left,

Repeat

Rock Forward R, Recover Left, Hitch Right And Pose

1-2 Rock right forward, recover left

3 Lean back hitching right knee and pose with arms spread upward
