

Reflection

64 count, 2 wall, intermediate level

Choreographer: Alison Johnstone (AU), January 2013

Choreographed to: "Da Roots" by Mind Reflection, ITG or Folk Mix, 32 count intro (approx.. 15 secs)

Section 1 Walk x 2, Kick Ball Change, Step, Pivot 1/4, Stomp x 2

- 1-2 Walk forward right. Walk forward left
- 3&4 Kick right forward. Step right beside left. Step left beside right
- 5-6 Step right forward. Pivot 1/4 turn left (9:00)
- 7-8 Stomp right beside left. Stomp left in place

Section 2 Forward Rock, Coaster Step, Step, Pivot 1/2, Forward Shuffle

- 1-2 Rock forward on right. Recover onto left
- 3&4 Step right back. Step left beside right. Step right forward
- 5-6 Step left forward. Pivot 1/2 turn right (3:00)
- 7&8 Step left forward. Close right beside left. Step left forward

Section 3 Side, Drag, & Side & Side, Cross Rock, Shuffle 1/4 Turn

- 1-2 Step right large step to right. Drag left towards right
- Option: Styling counts 1-2: 'Michael Flatley' arms up at shoulder height, pointing left.
- &3&4 Step onto left. Step right small step right. Step left beside right. Step right small step right
- 5-6 Cross rock left over right. Recover onto right
- 7&8 Shuffle step 1/4 turn left, stepping - left, right, left (12:00)

Section 4 Heel Ball Cross x 2, Scuff Hitch Cross, & Cross & Cross

- 1&2 Dig right heel forward on right diagonal. Step down on right. Cross left over right
- 3&4 Dig right heel forward on right diagonal. Step down on right. Cross left over right
- 5&6 Scuff right forward. Hitch to face left diagonal. Cross right over left
- &7&8 Step left to left side. Cross right over left. Step left to side. Cross right over left

Section 5 Side Rock, Behind Side Cross, Toe Switches & Heel & Toe

- 1-2 Rock left to left side. Recover onto right
- 3&4 Cross left behind right. Step right to right side. Cross left over right
- 5& Touch right toe to side. Step right beside left
- 6& Touch left toe to side. Step left beside right
- 7&8 Touch right heel forward. Step right beside left. Touch left toe back

Section 6 & Stomp Hold x 2, & Paddle 1/4 x 2

- &1-2 Step left beside right. Stomp right forward. Hold
- &3-4 Step left beside right. Stomp right forward. Hold
- &5-6 Step left beside right. Touch right forward. Paddle 1/4 turn left on left
- 7-8 Touch right forward. Paddle 1/4 turn left on left. (6:00)

Section 7 Cross Rock, Chasse (x 2)

- 1-2 Cross rock right over left. Recover onto left
- 3&4 Step right to right side. Close left beside right. Step right to right side
- 5-6 Cross rock left over right. Recover onto right
- 7&8 Step left to left side. Close right beside left. Step left to left side

Section 8 Kick Ball Step x 2, Step Pivot 1/2 x 2

- 1&2 Kick right forward. Step right beside left. Step left small step forward
- 3&4 Kick right forward. Step right beside left. Step left small step forward
- 5-6 Step right forward. Pivot 1/2 turn left
- 7-8 Step right forward. Pivot 1/2 turn left (6:00)

Ending *Dance finishes at the end of Section 5, facing 6:00: Simply turn left to face front (weight onto left).*

Quelle:

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