

Reflection

Choreography:	Alison Johnstone
Description:	64 Count, 2 Wall, Intermediate line dance
Music:	Mind Reflection – Da Roots (ITG or Folk Mix)

Start: After 32 counts on stronger beat 15 seconds into track

WALK, WALK, KICK BALL CHANGE, PIVOT ¼ OVER LEFT, STOMP, STOMP (9.00)

- 1-2 Walk forward Right, Walk forward Left,
- 3&4 Kick Right, Step on Right (&), Step on Left (Kick Ball Change)
- 5-6 Step Right forward, Pivot ¼ over Left,
- 7-8 Stomp Right next to Left, Stomp Left in Place

ROCK FORWARD, RECOVER, COASTER STEP, PIVOT ½ OVER RIGHT, SHUFFLE FORWARD (3.00)

- 1-2 Rock forward on Right, Recover on Left
- 3&4 Step Back Right, Step Left back next to Right, Step Forward Right (Coaster Step)
- 5-6 Step Left Forward, Pivot ½ over Right
- 7&8 Step forward Left, Step Right into Left, Step forward left (Shuffle)

LONG STEP RIGHT, DRAG LEFT IN, STEP, SMALL SIDE STEP, STEP IN, SMALL SIDE STEP, CROSS ROCK, RECOVER, ¼ LEFT TURN SHUFFLE (12.00)

- 1-2 LONG step to Right, Drag Left in
*** Optional "Michael Flatley" arms up shoulder height Left***
- &3&4 Step on Left (&), Small step Right (3), Step Left beside Right (&), Small step Right (4)
- 5-6 Cross Rock Left over Right, Recover Right
- 7&8 ¼ Turn over Left Step forward Left, Step Right into Left, Step forward left (1/4 turn Shuffle)

HEEL BALL CROSS, HEEL BALL CROSS, SCUFF, HITCH, CROSS & CROSS & CROSS (12.00)

- 1&2 Dig Right heel to 1 o'clock, Step on Right, Cross Left over Right (Heel Ball Cross)
- 3&4 Dig Right heel to 1 o'clock, Step on Right, Cross Left over Right (Heel Ball Cross)
- 5&6 Scuff Right (5), Hitch changing direction to face 11 o'clock (&), Cross Right over Left (6),
- &7&8 Step side Left (&), Cross Right over left (7), Step side Left (&), Cross Right over left (8)

SIDE ROCK, RECOVER, BEHIND SIDE CROSS, SWITCHES TOE & TOE & HEEL & TOE BACK (12.00)

- 1-2 Rock Left to side, Recover on Right
- 3&4 Cross Left behind Right, Step Right Side, Cross Left over Right
- 5&6& Right Toe to Side (5), Step Right Center (&), Left Toe to Side (6), Step Left Center (&)
- 7&8 Right Heel Forward (7), Step Right Center (&), Touch Left Toe Back (8)

Dance finishes here facing wall 6 simply turn over Left shoulder and take weight on the Left

& STOMP HOLD, & STOMP, HOLD, & PADDLE ¼ LEFT, PADDLE ¼ LEFT (6.00)

- &1-2 Step Left beside Right (&), Stomp Right Forward (1), Hold (2)
- &3-4 Step Left beside Right (&), Stomp Right Forward (3), Hold (4)
- &5-6 Step Left Beside right (&), Touch Right forward, ¼ Turn over Left (Paddle Turn)
- 7-8 Touch Right forward, ¼ Turn over Left (Paddle Turn)

...taught and danced at



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CROSS ROCK, RECOVER, SIDE CHASSE, CROSS ROCK, RECOVER, SIDE CHASSE

- 1-2 Rock Right in front of Left, Recover Left
3&4 Step Right to side, Step Left beside Right(&), Step Right to Side (Chasse)
5-6 Rock Left in front of Right, Recover Right
7&8 Step Left to side, Step Right beside Left(&), Step Left to Side (Chasse)

KICK BALL STEP, KICK BALL STEP, PIVOT ½ OVER LEFT X 2

- 1&2 Kick Right forward, Step Right beside Left (&), Small step forward Left
3&4 Kick Right forward, Step Right beside Left (&), Small step forward Left
5-6 Step Right forward, Pivot ½ over Left
7-8 Step Right forward, Pivot ½ over Left

REPEAT

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Klitgaarden

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