

MIRRORS

SONG: STOP THE BLEEDING
 ARTIST: SARAH DARLING
 ALBUM: ANGELS & DEVILS
 CHOREOGRAPHER: MICHAEL VERA –LOBOS AUGUST 2011
 ORIGINAL POSITION: FEET SLIGHTLY APART WEIGHT ON RIGHT
 START ON AFTER FIRST 2 WORDS – CAN'T RUN - START

BEATS:	STEPS:	2 WALL MIRROR IMAGE UPPER INTERMEDIATE DANCE	0:00
1 – 8&1	CROSS ROCK, REPLACE & CROSS, ¼ R & SIDE, CROSS, SIDE & ½ HINGE L, ½ HINGE L DRAG, SAILOR ½ L CROSS		
1,2&3	Cross Rock L over R, Rock back on R & Stepping L to L Cross R over L (12:00)		
4&5	Turning ¼ R Step back on L & Step R to R side, Cross L over R (3:00)		
6&7	Travel R over L – Step R to R & Hinge ½ L, Turn a further ½ L Ending with R to R dragging L towards R (3:00)		
8&1	Sailor ½ L Ending with L crossed over R (9:00)		
10 - 17	SIDE ROCK CROSS, SIDE ROCK CROSS, ¼ L & ½ L, FWD DRAG, STEP BACK & ½ R, ¼ R DRAG		
2&3	Travel fwd – Side Rock R to R & Replace wt on L, Cross R over		
4&5	Travel fwd - L Side Rock L to L, Replace wt on R, Cross L over R (9:00)		
6&7	Turning ¼ L Step back on R & Turning ½ L Step onto L, Step fwd R dragging L (12:00)		
8&1	Step back on L & Turning ½ R Step onto R (6:00), Turning a further ¼ R end with L to L side dragging R towards L (9:00)		
18 – 25	BEHIND & SIDE, CROSS ROCK, ROCK BACK & ¼ R, ½ R, ROCK BACK, REPLACE, FULL TRIPLE SIDE R		
2&3	Cross R behind L & Step L to L, Cross Rock R over L (9:00)		
4&5	Rock back on L & Turn ¼ R on R, Turn a further ½ R on L (6:00)		
6,7	Rock back on R, Rock fwd L dragging R towards L		
8&1	Travel to R side – Full triple Spin R Stepping R,L,R (6:00)		
26 – 32&	SIDE SHUFFLE ¼ R, 1 ¼ TRIPLE R, CROSS SAMBA FWD, CROSS & ¼ R		
2&3	Step L to L & Step R beside L, Step back on L turning ¼ R (9:00)		
4&5	Turning over R – Triple Spin 1 ¼ R Stepping R,L,R (12:00)		
6&7	Travel fwd – Cross L over R & Rock R to R, Replace wt on L (12:00)		
8&	Cross R over L & Turning ¼ R Step back on L (3:00)		
33 – 40&	1/4 R & FULL SPIN FWD R, LOCK SHUFFLE FWD L, STEP BACK/SWEEP, STEP BACK/SWEEP, BEHIND & ¼ L, FULL L		
1&2	Turning ¼ R Step fwd on R & Turning a full turn fwd R Step L then R (6:00)		
3&4	Lock Shuffle fwd L Stepping L,R,L (6:00)		
5,6	Step back on R sweeping L to L side, Step back on L Sweeping R to R side (6:00)		
7&8&	Cross R behind L & Turn ¼ L on L, Turn a further ½ L on R & Turn a further ½ L on L (3:00)		
41 – 48	STEP FWD, ½ PIVOT L & STEP FWD, ½ PIVOT R, STEP BACK & ½ R, ½ R, ROCK BACK & REPLACE, ½ L, ¼ L		
1,2&3,4	Step fwd R, Pivot ½ L (9:00) & Stepping R beside L, Step fwd L, Pivot ½ R (3:00)		
5&6	Step back on L & Turn ½ R on R, Turn a further ½ R on L (3:00)		
7&8&	Rock back on R & Rock fwd on L, Turn ½ L Stepping back on R, Turn a further ¼ L on L (6:00)		

Wall 2 dance to count 31 – ADD 8& - Touch L behind R, Unwind ½ L End wt L)
 RESTART FACING FRONT WALL

SUMMARY – WALL 1 – START DANCE WITH CROSS ROCK WITH L TO 1:00
 WALL 2 – START DANCE WITH CROSS ROCK WITH R TO 5:00
 WALL 3 – START DANCE WITH CROSS ROCK WITH R TO 11:00
 WALL 4 - START DANCE WITH CROSS ROCK WITH L TO 7:00

FINISH DANCE WILL END ON WALL 4 – DANCE TO COUNT 44, SPIN BACK TO FRONT & CROSS

© STRICTLY LINEDANCE: NOEL BRADEY - 0412317589 / MICHAEL VERA-LOBOS - 0401535232
 email: strictly@zipworld.com.au web: http://home.zipworld.com.au/~strictly

 [BACK](#)  [INDEX](#)  [NEXT](#)