



Reflection



Choreographer: Alison Johnstone (Nuline dance)

Music: **Da Roots (ITG or Folk Mix) by Mind Reflection:** Da Roots (In the Groove) Album: Available I Tunes

Level: Intermediate 2 Wall Dance

Counts: 64 Counts

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

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(1-8) 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

(9-16) 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)

(17-24) 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)

(25-32) 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)

(33-40) 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

(41-48) & 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)

(49-56) 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)

(57-64) 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

START AGAIN ©

