Smilet i ditt eget speil



Count: 80 Wall: 2 Level: Phrased Advanced

Choreographer: Benedikte R. Grønlund (NOR) - September 2021

Music: Smilet i ditt eget speil - Chris Holsten



Intro: After 16 counts Sequence: A, B, A, B, B, B

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[1-8] Step Half, ½ Turn x4, ¼ Turn Sweep, Weave, ¼ Turn Step Forward

1	. 2	Step R forward	1/2 Turn over L sho	ulder (weight ends or	L foot) (6:00)

& 3 ½ Turn over L shoulder R step back (12:00), ½ Turn over L shoulder L step forward (6:00)

& 4 ½ Turn over L shoulder R step back (12:00), ½ Turn over L shoulder L step forward (6:00)

5, 6 & Sweep R 1/4 Turn to end up in front of L (3:00), Cross R over L, Step L to left side

7, 8 Cross R behind L, ¼ Turn Step L forward (12:00)

[9-16] Step Half, ½ Turn Sweep, Hold, Behind, Side, 1/8 Turn Rocking Chair Step

& 1 Step R forward, ½ Turn over L shoulder (weight ends on L foot) (6:00)

& 2, 3 Step R together, ½ Turn over L shoulder Sweep L from front to behind R (12:00) (on count

2-3)

4 & 5, 6 Cross L behind R, Step R to right side, 1/8 Turn Rock L forward (1:30), Recover onto R

7, 8 Rock L back, Recover onto R

[17-24] 1/4 Turn Sweep, Behind, Side, 1/2 Diamond, Spiral Turn

1 Step L together making ¼ turn Sweeping R from front to behind L (4:30)

2 & 3 Cross R behind L, Step L to left side, Step R forward

4 & 5 Step L forward, 1/8 Turn Step R to right side (3:00), 1/8 Turn Step L back (1:30)

6 & 7 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L

8 Full spiral turn over L shoulder (keeping both feet on the same spot) (weight ends on R)

[25-32] Side, Cross, Side, Hitch, Sway, Sway, ¼ Turn Step Forward, ½ Turn Step Back, ½ Turn Step Back

& 1 Step L to left side, Cross R over L

& 2 Step L to left side, Lift R knee making a small circle in front of L

3, 4 Step R down (weight on R), Sway to the left (weight on L)

5, 6 ½ Turn Step R forward (3:00), ½ Turn over R shoulder Step L back (9:00)

7, 8 ½ Turn over R shoulder Step R forward (3:00), ½ Turn over R shoulder Step L back (9:00)

[33-40] ¼ Turn Step Side, Weave, 1/8 Turn Step Half, ½ Turn Sweep, Sweep

1, 2 & 1/4 Turn Step R to right side (12:00), Cross L behind R, Step R to right side

3 & 4 Cross L over R, Step R to right side, Cross L behind R

& 5, 6 Step R to right side, 1/8 Turn Step L forward (1.30), ½ Turn over R shoulder (weight ends on

R) (7:30)

7, 8 Step L together making ½ Turn over R shoulder Sweeping R from front to behind L (1:30),

Step R down Sweeping L from front to behind R

[41-48] Sweep, Weave, ¼ Turn Step Half, ½ Turn Step Back, ½ Turn Step Forward (¼ Turn Step R to right side to begin with part B)

1, Step L down Sweeping R from front to behind L

2 & 3 Step R back, 1/8 Turn Step L to left side (12:00), Cross R over L

& 4 Step L to left side, Cross R behind L

(3:00)

7, 8 ½ Turn over L shoulder Step R back (9:00), ½ Turn over L shoulder Step L forward (3:00) To start with part B, ¼ Turn Step R to right side (12:00) Part B - 32 counts [1-8] Side, Behind, ¼ Turn Step Forward, Mambo, ½ Turn Step Forward, Out, Out, Lock, Full Spiral Turn, ¼ **Turn Step Forward** 1, 2 & Step R to right side, Cross L behind R, ¼ Turn Step R forward (3:00) 3 & 4 Rock L forward, Recover onto R, ½ Turn over L shoulder Step L forward (9:00) & 5, 6 Step R out, Step L out, Lock R behind L Full spiral turn over R shoulder (keeping both feet on the same spot) (weight ends on L), 1/4 7.8 Turn Step R forward (12.00) [9-16] ½ Turn Step Back, Step Sweep, Weave, Side, 1/8 Turn Step Half, ¼ Turn Step Side, ½ Turn Step Side, Rock Recover ½ Turn over R shoulder Step L back (6:00), Step R together making ½ Turn over R shoulder & 1 Sweeping L from behind to front of R (12:00) 2 & 3 Cross L over R, Step R to right side, Cross L behind R & 4 Step R to right side, 1/8 Turn Step L forward (1:30) 5, 6 ½ Turn over R shoulder (weight ends on R) (7:30), ¼ Turn Step L to left side (10:30) 7,8& ½ Turn over L shoulder Step R to right side (4:30), Rock L forward, Recover onto R [17-24] Step Back with Hitch, Coaster Step, Full Turn, Step, Step Hitch, Step Hitch, Step Sweep, Step Back, **Step Together** Step L back while Hitching R knee 1 Step R back, 1/8 Turn Step L together (3:00), Step R forward 2 & 3 4 & Full turn over L shoulder (weight ends on R), Step L forward 5, 6 Step R forward while Hitching L knee behind R, Step L back while Hitching R knee 7,8& Step R back while Sweeping L from front to behind R, Step L back, Step R together

[25-32] 1/4 Turn Step, 3/4 Turn, Close, Hold, Weave, 1/4 Turn Step, Step, Touch

4	_	¹ / ₄ Turn Step L forward (12:00), ³ / ₄ Turn over L shoulder keeping your weight on L foot (3:00)	١.
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3, 4 Close R next to L, Hold (keep your weight on R)

5 & 6 Cross L behind R, Step R to right side, Cross L over R

& 7 Step R to right side, Cross L behind R

& 8 & 1/4 Turn Step R forward (6:00), Step L forward, Touch R next to L

No tags, no restarts