

Mirror

拍数: 32 墙数: 4 级数: High Intermediate - NC2S
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音乐: Mirror (feat. Bruno Mars) - Lil Wayne : (iTunes)



Side. Back. Cross. ¼. ½. Step. ¼. cross. Step. ½. Step. ½. Back. Back.

- 1-2& Step right to right side. Cross step left behind right. Cross step right over left.
3& Make ¼ right stepping back left. Make ½ turn right stepping forward.
4&5 Step forward left. Make just over ¼ turn right (now facing 1 O Clock) Step left forward.
6&7& Step right forward. Make ½ turn left. Step forward right. (now facing 7 O Clock) Make ½ turn right stepping back left.
8& Run back right. Run back left.

Rock back (rise) recover. Forward. Press (fall) Step/Sweep. Behind. ¼ step. ½ Step. ¼ tap. Side.

- 1-2 Rock back right. Recover on left. (Rise as sang in the lyrics)
&3-4 Step right beside left. Lunge forward left. (Fall as sang in the lyrics) Recover on right as you sweep left from front to back
5&6 Cross step left behind right. Make ¼ right stepping right forward. Step forward left.
&7&8 Make ½ turn right. Step forward left. Make ¼ left as you tap right beside left.
****Restart & Tag point** Take a large step to right side with right.**

Tap. ½ . side. ¼ side. Rock back. Recover ¼ . ½. ½. ½ back. Back. Together.

- &1 Tap left beside right. Make a sharp ½ turn left keeping feet together (weight ends left)
2-3 Step right a large step to right side. Make a ¼ left stepping left a large step to left.
4&5 Rock back on right. Recover on left. Make ¼ right stepping right forward.
&6&7 Make ½ turn right stepping back left. Make ½ turn right stepping forward right. Make ½ turn right stepping back left. Step back right.
8& Step back left. Step right beside left.

Roll. Ball step. Touch. Shoulder pop/heel drop. Side. Rock back recover. ½

- 1-2 Touch left foot forward as you roll hips anti clockwise.
&3 Step left beside right. Step right forward.
4&5 Touch left beside right. Pop right shoulder up/left down. Pop right shoulder down/left up as you drop heel of left foot and raise right heel.
6 Step right to right side.
7&8 Rock back on left. Recover on right. Make ½ turn right stepping back left.

Tag / Restart on wall 2 after counts &15& (tag)

Tag - Tap right beside left - Restart the dance again from the beginning facing 12 O Clock wall.