

Reflection



Choreographed by: Alison Johnstone (Nuline dance) Jan 2013
Music: **Da Roots** (ITG or Folk Mix) by **Mind Reflection** CD: Da Roots (In the Groove)
Type: 2 wall, 64 counts
Level: Intermediate

NOTES 32 count intro

[1 – 8] WALK, WALK, KICK BALL CHANGE, ¼ PIVOT LEFT, STOMP, STOMP

1 – 2 Walk forward right, left.
3 & 4 Kick right, step on right, step on left (Kick ball change).
5 – 6 Step right forward, pivot ¼ turn left. [9:00]
7 – 8 Stomp right next to left, stomp left in place.

[9 – 16] ROCK FORWARD, COASTER STEP, ½ PIVOT RIGHT, SHUFFLE FORWARD

1 – 2 Rock forward on right, recover on left
3 & 4 Step right back, step left beside right, step right forward (Coaster step).
5 – 6 Step left forward, pivot ½ turn right. [3:00]
7 & 8 Step left forward, step right next to left, step left forward (Shuffle).

[17 – 24] LONG STEP RIGHT, DRAG LEFT, STEP & SIDE X2, CROSS ROCK, ¼ LEFT TURN SHUFFLE

1 – 2 Long step to right, drag left in.
Optional: "Michael Flatley" arms up shoulder height left .
&3&4 Step on left, small step to right, step left beside right, small step to right.
5 – 6 Cross rock left over right, recover onto right.
7 – 8 Step left forward turning ¼ left, step right next to left, step left forward (¼ turn shuffle). [12:00]

[25 – 32] HEEL-BALL-CROSS X2, SCUFF, HITCH, CROSS & CROSS & CROSS

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, hitch changing direction to face 11 o'clock, cross right over left.
&7&8 Step left to left side, cross right over left, step left to left side left, cross right over left.

[33 – 40] SIDE ROCK, BEHIND-SIDE-CROSS, SWITCHES TOE & TOE & HEEL & TOE BACK

1 – 2 Rock left to side, recover onto right.
3 & 4 Cross left behind right, step right side, cross left over right.
5&6& Point right toe to side, step right beside left, point left toe to side, step left beside right.
7 & 8 Touch right heel forward, step right beside left, touch left toe back.

If using ITG Mix, dance finishes here facing 6 o'clock, simply turn over via left and take weight on left.

[41 – 48] &-STOMP-HOLD X2, & PADDLE ¼ LEFT, PADDLE ¼ LEFT

&1 – 2 Step left beside right, stomp right forward, hold.
&3 – 4 Step left beside right, stomp right forward, hold.
&5 – 6 Step left beside right, touch right forward, turn ¼ left (Paddle turn). [9:00]
7 – 8 Touch right forward, turn ¼ left (Paddle turn). [6:00]

Continues...

Reflection



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[49 – 56] CROSS ROCK, SIDE CHASSE, CROSS ROCK, SIDE CHASSE

- 1 – 2 Rock right over left, recover onto left.
- 3 & 4 Step right to right side, step left beside right, step right to right side (Chasse).
- 5 – 6 Rock left over right, recover onto right.
- 7 – 8 Step left to left side, step right beside left, step left to left side (Chasse).

[57 – 64] KICK BALL STEP X2, ½ PIVOT LEFT X2

- 1 & 2 Kick right forward, step right beside left, small step forward on left.
- 3 & 4 Kick right forward, step right beside left, small step forward on left.
- 5 – 6 Step right forward, pivot ½ turn left on left. [12:00]
- 7 – 8 Step right forward, pivot ½ turn left on left. [6:00]

Start Again!