

REFLECTION

Count: 64. Wall: 2. Level: Intermediate

Choreographer: Alison Johnstone (Nuline dance) Jan 2013

Music: Da Roots (ITG or Folk Mix) by Mind Reflection: Da Roots (In the Groove) iTunes

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

WALK, WALK, KICK, BALL, CHANGE, STEP, PIVOT 1/4 LEFT, STOMP, STOMP

1,2 Step R forward, Step L forward

3&4 Kick R forward, Step ball of R beside L, Step L beside R

5-8 Step R forward, Pivot ¼ left, Stomp R beside L, Stomp L beside R [9:00]

ROCK FORWARD, RECOVER, COASTER BACK, STEP, PIVOT 1/2 RIGHT, SHUFFLE

1,2 Rock R forward, Recover onto L

3&4 Step R back, Step L beside R, Step R forward

5,6 Step L forward, Pivot ½ right

7&8 Step L forward, Step R beside L, Step L forward [3:00]

LONG STEP RIGHT, DRAG, TOGETHER, SIDE, TOGETHER, SIDE, CROSS ROCK, RECOVER, 1/4 LEFT SHUFFLE

1,2 LONG step R to right, Drag L to R

Option: "Michael Flatley" arms up shoulder height left

&3&4 Step L beside R, Small step R to right, Step L beside R, Small step R to right

5,6 Cross Rock L over R, Recover onto R

7&8 Turn ¼ left step L forward, Step R beside L, Step L forward [12:00]

HEEL, BALL, CROSS, HEEL, BALL, CROSS, SCUFF, HITCH, CROSS, &, CROSS, &, CROSS

1&2 Dig R heel to 1:00, Step ball of R beside L, Cross L over R

3&4 Dig R heel to 1:00, Step ball of R beside L, Cross L over R

5&6 Scuff R, Hitch R to 45° left, Cross R over L

&7&8 Step L to left, Cross R over L, Step L to left, Cross R over L [12:00]

ROCK LEFT, RECOVER, BEHIND, SIDE, CROSS, TOE SIDE, &, TOE SIDE, &, HEEL FORWARD, &, TOE BACK

1,2 Rock L to left, Recover onto R

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

5&6& Touch R toe to right, Step R beside L, Touch L toe to left, Step L beside R

7&8 Touch R heel forward, Step R beside L, Touch L toe back [12:00]

ENDING: Turn over L shoulder and take weight on the L

&, STOMP, HOLD, &, STOMP, HOLD, &, STEP, PIVOT 1/4 LEFT, STEP, PIVOT 1/4 LEFT

&1,2 Step L beside R, Stomp R forward, Hold

&3,4 Step L beside R, Stomp R forward, Hold

&5,6 Step L beside R, Touch R forward, Pivot ¼ left

7,8 Touch R forward, Pivot ¼ left [6:00]

CROSS ROCK, RECOVER, CHASSE RIGHT, CROSS ROCK, RECOVER, CHASSE LEFT

1,2 Cross Rock R over L, Recover onto L

3&4 Step R to right, Step L beside R, Step R to right

5,6 Cross Rock L over R, Recover onto R

7&8 Step L to left, Step R beside L, Step L to left

KICK, BALL, STEP, KICK BALL, STEP, STEP, PIVOT 1/2 LEFT, STEP, PIVOT 1/2 LEFT

1&2 Kick R forward, Step ball of R beside L, Step L slightly forward

3&4 Kick R forward, Step ball of R beside L, Step L slightly forward

5-8 Step R forward, Pivot ½ left, Step R forward, Pivot ½ left

64 REPEAT