

Reflections

Count: 32

Wall: 4, one restart *

Level: Intermediate

Choreographer: Helen A. Walker, August 2010

Music: Proud, Heather Small.

Slow: Fall, The Saturdays

Cross unwind, triple, 1/4 turn 1/2 turn, triple turn.

1 2 Cross left foot over right, unwind whole turn, end weight on right foot. (12:00)

3+4 Step left to left side turning a 1/4 left, bring right to left and step left forward. (9:00)

5 6 Step right forward turn 1/2 turn left (3:00)

7 Step right forward (prep)

8+1 Step left forward turning to your right 1/2 turn, continue turn stepping right another 1/2 and step left forward (3:00)

Rock, backwards lock, touch 1/2 turn, forwards lock.

2 3 Rock right foot forward, recover on left.

4+5 Step back right, lock left in front, step back right.

6 Touch left toe back

7 Turn 1/2 left on ball of right foot (9:00)

8+1 Step left forward, lock right behind, step left forward

Mambo cross hold, crosses, rock and 1/4 turn.

2+3 Step right to right side, recover weight on left, step right across in front of left. (12:00)

4 Hold (lean body into the hold)

+5 Step left slightly to left side and cross right in front

+6 repeat +5

7+8 Step left to left side, step right turning 1/4 to right, step left forward (prep)

Triple turn left, walks, 1/4 turn, touch and switches.

1+2 Step right forward turning 1/2 back to left, continue turn stepping left turning 1/2, step right forward (12:00)

3 4 Walk forward left walk forward right turning 1/4 to the left (9:00)

5+6+ Touch left toe to left side, replace and switch touching right to right side replace

7+8+ Touch left toe forward, replace and gently kick right forward, replace.

Begin the dance again with the cross unwind and enjoy!

For further information contact dancer29045@yahoo.com

*** Restart comes on home wall 5 (after first 12 counts) you will dance through to count 4 of the second set of 8 of the dance where instead of locking back you will step back on right as if to begin the lock but immediately cross over with your left as in the cross unwind to restart the dance over then continue.**

Variations:

Section 3 can move through the hold if you prefer but keep steps small and smooth not bouncy.

2+3 as before with a mambo cross

+4 Step left to left side, cross right in front of left

5 6 sweep left foot around as you make 1/4 turn to the right.

7+8 Triple step forwards stepping left, right, left.

Section 4 remains the same but you can vary the end by choosing to substitute to the touches and kick for side mambo steps.

5+6 Left foot steps to the left, recover weight on right and step left in place.

7+8 Right foot steps to the right, recover weight on left, right foot steps in place.

Enjoy!