

Mirror

40 count, 4 wall, beginner level

Choreographer: Helle Mygind (Denmark) March 2004

Choreographed to: Dance Above The Rainbow by
Ronan Hardiman (117 bpm)

16 count intro

KICK – KICK – TRIPLE / RIGHT AND LEFT

- 1-2 Kick Right foot forward Twice
- 3&4 Triple step in place r-l-r
- 5-6 Kick Left foot forward twice
- 7&8 Triple step in place l-r-l

HEELSWITCHES WITH STEPTURN X2

- 1&2 Touch Right heel forward - Step on right - Touch left heel forward
- &3 Step on left.- Step right forward.
- 4 Pivot ½ turn left
- 5-8 Repeat 1 - 4

SHUFFLE FORWARD – ROCKSTEP – SHUFFLE BACK- ROCKSTEP

- 1&2 Step forward right – Close left beside right – Step forward on right
- 3-4 Rock step left foot forward – Step right in place
- 5&6 Step Back on left – Close right beside left – Step back on left
- 7-8 Rock step back on right – Step left in place

RUNNING STEP BALLS RIGHT AND LEFT WITH 1/4 TURN

- 1& Step right to right – Step ball of left beside right
- 2& Step right to right – Step ball of left beside right
- 3-4 Step right to right – Left foot ¼ turn left
(5-8 Arms up over your head)
- 5& Step left to left - Step ball of right beside left
- 6& Step left to left - Step ball of right beside left
- 7-8 Step left to left – Stamp right foot beside left
(In count 8 you make ¼ turn left with Right foot and snap fingers –
Hold position on your feet when doing step balls at left)

SHUFFLE RIGHT – TOE TURN X 2

- 1&2 Step right to right – Close left beside right - Step right to right
- 3-4 Touch left toe back – make ½ turn left
- 5&6 Step right to right – Close left beside right – Step right to right
- 7-8 Touch left toe back – make ½ turn left.

This Dance has no particular music, use whatever you like, and enjoy the steps.
