

Reflections

48 count, 2 wall, beginner/intermediate level
Choreographer: William Sevone (June 2004)
Choreographed to: Reflections by The Supremes
(100 bpm) or Higher & Higher by Jackie Wilson
(96bpm)

Choreographers note:- (edited version)

The time - late Summer 1967. The place - The Takis Disco in Oxford Street, Manchester.

A small group of dancers - myself included - decided to create some 'moves' (as step combinations were then referred to as) to "Higher & Higher". As a bonus it was found that the 'moves' also worked well with the song 'Reflections'.

The 'moves' back then were more freestyle with no set pattern but the first two sections are very accurate in their description

It may be of interest to some to note that parts of this dance (in freestyle form) later became base 'moves' in what was to be called 'Northern Soul Dancing' (minus the acrobatics) which is still danced today all over the World.

The dance is phrased to 'Reflections' but not 'Higher & Higher' (don't forget in the early days, who cared about 'phrasing') which is 32 counts. To recreate the 'feel', the majority of the steps must include a 'bit o' bounce'.

Always remember- 'The beat may reach your feet - but the rhythm should electrify your soul'.

Because of the single count 3/4 turn and slightly unusual composition, this dance has been placed within the Advanced Beginner section of the New Levels.

The dance starts on the vocals (both pieces of music). Feet slightly apart with weight on the left.

4x Diagonal Steps Forward. 4x Diagonal Steps Backward. (12:00)

- 1 - 2 Step right foot diagonally forward right. Step left foot diagonally forward left.
- 3 - 4 Step right foot diagonally forward right. Step left foot diagonally forward left.
- 5 - 6 Step right foot diagonally backward right. Step left foot diagonally backward left.
- 7 - 8 Step right foot diagonally backward right. Step left foot diagonally backward left.

Dance note: All diagonal steps are short

Rocks: Side-Behind-In Place-Side-Side-Side-Behind-In Place (12:00)

- 9 - 10 Rock right foot to right side. Cross rock left foot behind
- 11 - 12 Rock onto right foot. Rock left foot to left side.
- 13 - 14 Rock onto right foot. Rock onto left foot.
- 15 - 16 Cross rock right foot behind left. Rock onto left foot.

1/4 Right Step Fwd. Push Step. Step. 1/4 Left Side Step. 1/4 Left Push Step. Step.

1/4 Right Side Rock. Rock. (12:00)

- 17 - 18 Turn 1/4 right & step forward onto right foot. Push step left foot forward.
- 19 - 20 Step onto right foot. Turn 1/4 left & step left foot to left side.
- 21 - 22 Turn 1/4 left & push step right foot forward. Step onto left foot.
- 23 - 24 Turn 1/4 right & rock right foot to right side. Rock onto left foot.

Repeat (9:00).

25 - 46 REPEAT COUNTS 1 TO 22

3/4 Right Step Forward. Step Forward. (6:00)

- 47 - 48 Turn 3/4 right & step forward onto right foot. Step forward onto left foot.

DON'T FORGET - To recreate the feel of the dance, the majority of the steps must include a 'bit o' bounce'.