

REFLECTION

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MUSIC: "Reflection" - Ballroom Dance Collection Rumba - Track #6 **SPEED:** As on Mini-Disc (Slowed)

SEQUENCE: Intro, A, B, A (1-4, 8-13), C, D, E, Ending **RELEASED:** August 2007

RHYTHM: Rumba **PHASE:** V+2 **FOOTWORK:** Described for Man - Woman opposite (or as noted)

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INTRO

1 - 4 WAIT; RISE TCH; CUCARACHA CROSS; CUCARACHA M TOUCH LADY SWIVEL R TO FACE;

- 1 - Wait in TANDEM L LUNGE POS FCING WALL M BEHIND W both looking down twd DRW & R ft pting sd twd RLOD M's hands around W's waist & W's hands down in front by waist;
- 2 - Slowly rise straightening L leg drawing R to L over measure now both looking straight ahead twd WALL;
- 3 - Keeping hands on W's waist sd R RLOD, rec L, XRIF of L,-;
- qq-- 4 - Sd L sweep lead arm down out & up, rec R bring lead arm down, tch L to R (sd L sweep lead arm down out & up, rec R bring lead arm down swvl ½ RF to fc M, cl L to R) to join lead hands low M FCING WALL,-;

PART A

1 - 4 OPEN BREAK CHANGE HANDS; OPEN CRAB WALK 6;; UNDERARM TURN;

- 1 - Bk L extending R arm out to sd, rec R, sd L joining trailing hands,-;
- 2 - Release lead hands trng LF to OPEN fwd R, trng RF to fc ptr sd L tch lead hands, trng LF to OPEN fwd R,-;
- 3 - Trng RF to fc ptr sd L tch lead hands, trng LF to OPEN fwd R, trng RF to fc ptr sd L join lead hands,-;
- 4 - Bk R, rec L, sd R (fwd & across L LOD trng RF under joined lead hands, rec R cont RF trn to fc M, sd L) to BFLY WALL,-;

5 - 7 * NEW YORKER TWICE;; (TO REV) SLOW CRAB WALK 2; *

- 5 - Trng RF fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr in BFLY,-;
- 6 - Trng LF fwd R LOD, rec L trng RF, cont RF trn sd R to fc ptr in BFLY,-;
- ss 7 - Fwd & across L trng hips to RLOD,-, sd R hips to WALL still in BFLY POS M FCING WALL,-;
- * **NOTE:** 2nd time thru Part A omit these 3 measures.

8 -10 BK BREAK w/SPIRAL; AIDA; SWITCH CROSS w/RONDE;

- 8 - Swvl LF on R break bk L, rec R, fwd L LOD, spiral 7/8 RF;
- 9 - Thru R LOD, trng RF sd & bk L, cont RF trn bk R checking to end bk to bk V-shape pos fcng RLOD,-;
- 10 - Taking lead hands thru twd LOD trng LF (RF) sd L to BFLY WALL, rec R, XLIF of R, ronde R ft CCW;

11-13 SPOT TURN; FENCE LINE w/SPIN; (TO REV) SD WALK w/CHA LEAD HANDS LOW;

- 11 - Fwd & across R LOD trng LF, rec L cont LF trn to fc ptr, sd R to BFLY M FCING WALL,-;
- 12 - Soften R knee fwd & across L RLOD flexing L knee, rec R trng LF, sd L release ptr & free spin LF 1 full trn on L to end w/feet tog fcng ptr nothing tching,-;
- qqqq 13 - Sd R, cl L to R, joining lead hands low sd R/cl L to R, sd R to LEFT OPEN FCING M FCING WALL;

PART B

1 - 4 OPEN HIP TWIST; FAN M FC LOD; FCING STOP & GO HOCKEY STK; TO FAN M FC WALL;

- 1 - Fwd L, rec R, keeping fwd poise almost cl slightly bk L (bk R, rec L, fwd R/trn hips only RF towards LOD),-;
- 2 - Bk R, rec L trng ¼ LF to fc LOD, fwd R (fwd L LOD, fwd R trng LF, cont LF trn bk L) to end LEFT OPEN FCING M FCING LOD,-;
- 3 - Fwd L, rec R, cl L to R (bk R, rec L, fwd R trng ½ LF under joined lead hands),-;
- 4 - Lower well in L knee lunge fwd R cking, rec L trng RF, sd R (bk L lowering in to sit line raising L arm straight up palm out, rec R out of sit line lowering arm, fwd L trng ½ RF under joined lead hands) to FAN POS,-;

5 - 9 BRING LADY TO TANDEM WALL M PT; FENCE REC PT w/ARMS; SIDE LUNGE & SHAPE; SIDE WALK 3 CHECKING; CUCARACHA M TOUCH LADY SWIVEL R TO FACE;

- qq--(qqq) 5 - Fwd L, rec R, pt L sd LOD (cl R to L, fwd L, trng ¼ LF sd & fwd R) to TANDEM WALL M BEHIND W,-;
- qq-- 6 - Fwd & across L twd DRW extending arms out to sides, rec R bringing arms in twd chest, pt L sd LOD as you quickly sweep arms up in front & out to sides,-;
- s-- 7 - Lower on R sd L w/arms extended out to sides,-, shape upper body LF so R arm is extended twd WALL palm down both looking twd WALL and L arms slightly higher extended twd DLC,-;
- 8 - Taking hands back to W's waist sd R, cl L to R, sd R cking (arms sweep in up and out to sides),-;
- 9 - Repeat meas 4 of Intro;

*** PART A * (OMIT MEAS 5-7) *****PART C****1 - 4 OPEN HIP TWIST; FAN M FC LOD; FCING STOP & GO HOCKEY STK; TO FAN M FC WALL;**

- 1 - Repeat meas 1 of Part B;
- 2 - Repeat meas 2 of Part B;
- 3 - Repeat meas 3 of Part B;
- 4 - Repeat meas 4 of Part B;

5 - 8 BRING LADY TO TANDEM WALL M PT; FENCE REC PT w/ARMS; SIDE LUNGE & SHAPE; SIDE WALK 3 CHECKING;

- 5 - Repeat meas 5 of Part B;
- 6 - Repeat meas 6 of Part B;
- 7 - Repeat meas 7 of Part B;
- 8 - Repeat meas 8 of Part B;

9 -12 SLOW SKATE 2 TO SHADOW LINE; BK BREAK w/SPIRAL FACE CENTER; CUCARACHA M TRN L TO FACE; BREAK APT M TCH LADY TO LEFT VARSOUVIENNE;

- ss 9 - Keeping hands on W's waist swvl LF on R fwd L twd LOD,-, swvl RF on L fwd R twd RLOD swvl LF,-;
- 10 - Cont swvl LF on R break bk L joining L hands to SHADOW POS FCING LOD, rec R, fwd L raising L hands, spiral $\frac{3}{4}$ RF (under joined L hands) to end TANDEM POS FCING COH M IN FRONT & L hands still joined now low to your L sd;
- 11 - Sd R extending R arm to LOD & look LOD, rec L swvl $\frac{1}{2}$ LF to fc W, cl R to L (sd R extend R arm to LOD, rec L, cl R to L) to end FCING M FCING WALL w/L handshake & slightly offset w/M closest to RLOD,-;
- qq-- 12 - Apt L, rec R leading W to trn LF under joined L hands, tch L to R (apt L, rec R trn $\frac{1}{2}$ LF under joined L hands, small bk L) to LEFT VARSOUVIENNE POS FCING WALL,-;

13-16 2 SWEETHEARTS; 2nd ONE LADY TRN TO FACE; BASIC w/HEART; (TO REV) HOCKEY STICK ENDING M FACE;

- 13 - Fwd L lower R hands to waist level w/slight LF body trn & look back at W under high L hands, rec R, sd L behind W (bk R w/slight RF body trn, rec L, sd R in front of M) to VARSOUVIENNE POS FCING WALL,-;
- 14 - Fwd R lower L hands to waist level w/slight RF body trn & look back at W under high R hands, rec L lower R hands in front of W, lead W fwd then sd R trng W to fc (bk L w/slight LF body turn, rec R, fwd L trn $\frac{1}{2}$ LF) to end FACING M FACING WALL w/R hands joined over L,-;
- 15 - Fwd L, rec R, cl L to R extending arms out to sides (bk R, rec L, fwd R placing R hand on M's chest),-;
- 16 - Bk R, rec L trng $\frac{1}{4}$ RF to fc RLOD, fwd R (trng hips LF/fwd L to RLOD, fwd R trn $\frac{3}{8}$ LF, cont LF trn bk L) to LEFT OPEN FCING M FCING RLOD,-;

PART D**1 - 4 START THREE THREES;; TO A HANDSHAKE; FAN M FACE WALL;**

- 1 - Fwd L, rec R, cl L to R leading W to trn RF release hand hold and place hands on W's shoulders (bk R, rec L, fwd R trng $\frac{1}{2}$ RF) to TANDEM POS FCING RLOD M behind W,-;
- 2 - Bk R, rec L, cl R to L releasing W's shoulders (in place L, R, L spin LF 1 full trn) still TANDEM POS RLOD,-;
- 3 - Fwd & sd L slight RF body trn extend L arm fwd DRW palm down & R arm up palm out, rec R slight LF body trn taking W's R wrist or hand, cl L to R lower joined R hands (bk & sd R slight RF body trn extend L arm fwd DRW palm down & R arm up palm out, rec L, fwd R RLOD trng $\frac{1}{2}$ RF to fc M) to end fcng w/R handshake,-;
- 4 - Trng $\frac{1}{8}$ LF bk R DLC, rec L changing to lead hand hold, trng $\frac{1}{8}$ LF sd R RLOD (fwd L LOD, fwd R trng $\frac{3}{8}$ LF, cont LF trn bk L) to end FAN POS M FCING WALL,-;

5 - 7 HOCKEY STICK 3 TO SD LUNGE LADY SIT; LADY SLOW CROSS SWIVEL TWICE; LADY SYNC ROLL OUT L IN 5 M FACE LINE;

- 5 - Fwd L, rec R, sharply raise joined lead hands to lead W under lunge sd L (cl R to L, fwd L, fwd R trng $\frac{1}{2}$ LF under joined lead hands lowering in to sit line & raising L arm straight up palm out) to end M FCING WALL shaped to ptr w/R hand on her L shoulder blade & W FCING LOD,-;
- ss 6 - Sd R leading W across to swvl,-, sd L leading W across to swvl (fwd L LOD in front of M, swvl LF on L, fwd R RLOD in front of M, swvl RF on R),-;
- qqq&q 7 - Bk R, rec L, sd R/rec L trng slightly LF, cont LF trn XRIF of L (fwd L LOD, fwd R spiral $\frac{7}{8}$ LF, fwd L/fwd R trng $\frac{3}{8}$ LF, cont LF trn bk L) to end L OPEN FCING M FCING LOD;
OPTION: M can spin LF on L 1 full trn on step 2. Rest of measure is identical.

PART E**1 - 4 ALEMANA TO;; 2 CUDDLES; 2nd ONE M FACE CENTER:**

- 1 - Fwd L, rec R, cl L to R raising lead hands high palm to palm (bk R, rec L, fwd R to M toe pting out DRC),-;
- 2 - Bk R, rec L, cl R to L (fwd L trng RF under joined lead hands brushing R to L, fwd R towards LOD cont RF trn to fc M, fwd L to M's R sd) to CP LOD,-;
- 3 - Sd L leading W to trn RF & release lead hands to sweep L arm out to sd, rec R, cl L to R (swvl ½ RF on L/sd R & sweep R arm out to sd, rec L trng ¼ LF, small fwd R in front of M trng ¼ LF) to CUDDLE POS LOD,-;
- 4 - Sd R leading W to trn LF & sweep R arm out to sd, rec L trng ¼ LF to fc COH, cl R to L (swvl ½ LF on R/sd L & sweep L arm out to sd, rec R trng ¼ RF, cl L to R) to end CUDDLE POS M FCING COH,-;

5 - 8 BASIC CROSS BODY; TO BFLY WALL; (TO REV) SLOW CRAB WALK 2; NEW YORKER IN 4;

- 5 - Fwd L, rec R lowering lead hands to join, trng body 1/8 LF & foot ¼ sd L twd WALL (bk R, rec L, fwd R),-;
- 6 - Bk R, rec L trng LF, sd R twd RLOD (fwd L, fwd R trng LF, cont LF trn sd L) to end BFLY M FCING WALL,-;
- ss 7 - Fwd & across L trng hips to RLOD,-, sd R hips to WALL still in BFLY POS M FCING WALL,-;
- qqqq 8 - Trng RF to L OPEN fwd L RLOD, rec R trng LF, cont LF trn sd L to fc ptr, rec R;

ENDING**1 - 4 SLOW REVERSE UNDERARM 2; INTO REVERSE TOP 9;;;**

- ss 1 - Trng RF fwd & across L,-, rec R trng LF (fwd & across R trng LF under lead hands,-, rec L cont LF trn),-;
- 2 - Cont LF trn sd L toe pting DLW as you blend to loose CP, cont LF trn sd & fwd R, keeping L toe in place swing L heel cont LF trn to XLIF of R (cont LF trn sd & bk R blending to loose CP, cont LF trn XLIF of R, cont LF trn sd & bk R) to end approximately M FCING DRC,-;
- 3 - Cont LF trn sd & fwd R, keeping L toe in place swing L heel cont LF trn to XLIF of R, cont LF trn sd & fwd R (trng LF XLIF of R, cont LF trn sd & bk R, cont LF trn XLIF of R) to end approximately M FCING LOD,-;
- 4 - Keeping L toe in place swing L heel cont LF trn to XLIF of R, cont LF trn sd & fwd R, keeping L to in place swing L heel cont LF trn to XLIF of R (cont LF trn sd & bk R, cont LF trn XLIF of R, cont LF trn sd & bk R) to end approximately CP DRW,-; **NOTE:** M is trying to accomplish 5/8 LF trn per measure of Reverse Top.

5 - 6 M CLOSE & WRAP LADY FC WALL,-, (L FOOT) SIDE LUNGE,-; & SHAPE:

- ss 5 - Cont slight LF trn cl R to L to fc WALL raising joined lead hands to lead W under LF to mom WRAP POS,-, lower on R sd L LOD extend arms out to sides (cont LF trn on R ft under joined lead hands to mom WRAP,-, lower on R sd L LOD extend arms out to sides),-;
- 6 - Shape upper body LF so R arm is extended twd WALL palm down both looking twd WALL and L arms slightly higher extended twd DLC,-, hold as music quickly fades,-;

NOTE: Timing is standard QQS unless noted by side of measure and is reflective of actual weight changes.