MY REFLECTION 4
(Mi Reflejo)

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Record: Ballroom CD, Artist: Latin Unlimited, CD: Calor Latico
Footwork: Opposite, directions for man (lady as noted)
Rhythm: Rumba Phase: IV +2 (Cuddles and Nat Top) +1 unphased (Oblique Line)
Sequence: Intro-A-B-A(mod)-B(mod1)-inter-C-B(mod2)-end

Intro


2 [HcKy Stk Ending to BFLy SCAR] Bk R toward D LC , Fwd L toward DRW and at the end of the quick count lead W to½ left face Spiral to fc , Fwd R going to BFLY and preparing to step outside partner in SCAR , (W Fwd L toward DRW , Fwd R and at the end of the quick count Spiral left ½ to fc partner , Bk L going to BFLY ,)

3 [Fwd Ck (W Develope)] Fwd L outside partner checking to BFLY SCAR leaving right foot extended bk towards D LC , Hold , (W Bk R , lifting L foot to rt knee while extending head and shoulders bk being supported by the man , extend left foot out and up as far as comfortable – and at the end of the slow count start to recover from develope ,)

4 [Bk Sd Cls Fe WALL] Bk R toward D LC , Sd L toward LOD , Cls R to left to end in LOP facing position M facing WALL with lead hnd’s joined ,

Part A

1-13 ALEMANA [TO HIS RT SD] ; ; CUDDLE [3X] ; ; SPOT TRN ; NY ;
AIDA ; HIP RK 3 [& FC] ; ; THRU TO THE SERPIENTE ; ; THRU FC CLS ;
START THE ALEMANA ;

1-2 [Alemana] Ck fwd L , Rec R , Cls L bringing lead arm up to stop W , Bk R and leading W underarm right face turn , rec L , cls R ; (W bk R , Rec L , Fwd R with lead arm raised causing a stopping action , Fwd L to M’s left side and at the end of the quick sharply turn right face under joined lead hnd’s to face WALL , Fwd R and at the end of the quick sharply turn right face to face M , Fwd L to M’s right side , note – last 3 steps for W should form a distinct triangle on floor)

3-5 [Cuddle 3X] RK sd L in ½ op “L” position , Rec R , Cls L leading W in front and ready to switch to left ½ op , Rk sd R in left ½ op “L” position , Rec L , Cls R leading W in front and ready to switch to right ½ OP , Rk sd L in ½ op “L” position , Rec R , cls L leading W in front to a facing position , (W Swiveling right face step bk R facing LOD but looking to WALL , Rec L , Fwd R and at the end of the slow swivel left ½ to face RLOD , Step bk L looking to WALL , Rec R , Fwd and sd L to face CP COH ; Swiveling right face step bk R facing LOD but looking to WALL , Rec L , Fwd and sd R to face partner ,)

6 [Spot Trn] Stepping thru to LOD fwd R and at the end of the quick sharply turn ½ left face , Fwd L and at the end of the quick turn sharply left ¼ to face partner and WALL , Sd R ending M facing WALL and partner with lead hnd’s joined ,

7 [NY] Stepping thru to RLOD fwd L checking , Rec R turning left to face partner , Sd and fwd L to LOD looking at partner and starting arm sweep by taking right arm from a low trailing position and raising it over the head ,

8 [Aida] Keeping lead hnd’s joined step fwd R to LOD continue with arm sweep by bringing arm toward LOD and down , Turning right face fwd and sd L to face partner and WALL , Continue right turn to face RLOD and step bk R to a “V” bk to bk position with arm’s extended bk ,
Part A [cont’d]

9  [Hip Rk 3 & Fc]  Not moving feet Rk L,  Rec R,  Rec L and at the end of the slow count swivel to face partner and WALL going to BFLY position.;
10-11  [Serpiente]  Staying in BFLY throughout figure Xrifl,  Sd L,  Xribl and sweep left in counter clockwise direction taking the whole slow count.;  After sweeping action during previous slow xlibr,  Sd R,  Xlifl and sweep right in counterclockwise direction taking the whole slow count.;
12  [Thru FcCls]  After sweeping action during previous slow thru R to LOD,  Fwd and sd L to face partner,  Cls R to left releasing BFLY position and keeping lead hnd’s joined low.;
13  [Start the Alemana]  Ck fwd L,  rec R,  Cls L to right bringng lead arm up to stop W.;  (W Bk R,  Rec L,  Fwd R with lead arm raised causing a stopping action.;)

Part B

1-9  FINISH THE ALEMANA (W IN 4 TO SHDW WALL);  
[LEFT FT] SHDW FENCE LN REC PT;  FNC LN REC BK;  RT FT HIP RK’s;  
SHADOW FNC LN – REC BK;  SMALL SLIP BK (W IN 4 TO FC);  
FWD BASIC [TO LOW DBL HND HOLD];  HIP RK’s [SS QQS];
1  [Finish the Alemana]  Bk R leading W to turn under lead hnd’s,  Rec L leading W to step to WALL,  Cls R to left leading W to trn to face WALL and end SHDW WALL both with left foot free.;  (W Stp Fwd L outside M and at the end of the quick count sharply trn right face ½,  Fwd R and at the end of the quick count sharply trn right to face partner,  Fwd L to M’s right side and at the end of the quick count trn right face ½ trn.,  Sd R to end in SHDW WALL.;)
2  [Shdw Fence Line Rec Pt]  Xlifr,  Rec R,  point L to sd down LOD.;  (W matching M’s footwork)
3  [Fence Line Rec Bk]  Xlifr,  Rec R,  Sd L leading W to spin left face and pointing right foot to sd ending both facing WALL in close shdw.;  (W Xlifr,  rec R,  sd L and spin left face one full turn pointing right foot to sd.;)
4  [Rt Foot Hip Rk’s]  Sd R,  Rec L,  Rec R.;  (W same footwork as M)
5  [Shadow Fence Line Rec Bk]  Xlifr,  Rec R,  Bk L with contra body action.;  (W same footwork as M)
6  [Small Slip Bk W Fan to Wall in 4 & Fc]  Small turn left face slip bk R to fc WALL,  Small step fwd L leading W toward WALL.,  Small step sd R to end in LOP Fcng position M fcng WALL.;  (W Small turn left face slip bk R to fc WALL,  Fwd L,  Fwd R and at the end of the quick sharply turn left face ½,  Bk L to end in LOP Fcng position.;)
7  [Fwd Basic to Low Dbl Hnd Hold]  Fwd L,  Rec R,  Sd L to end in a Low Dbl Hnd Hold.;
8-9  [Hip Rk’s SS QQS]  Side R.;  Rec L.;  Rec R.;  Rec L.;  Rec R.;

Part A [mod]

1-10  ALEMANA [TO HIS RT SD];  CUDDLE 3X ; ;  SPOT TRN [IN 4 TO BFLY];  
[TO LOD] Thru TO SERPIENTE ; ;  THRU FC CLS;  START THE ALEMANA;  
1-2  [Alemana]  Same as part A meas 1 thru 2 ; ;
3-5  [Cuddle 3X]  Same as part A meas 3 thru 5 ; ;
6  [Spot Trn in 4]  Stepping thru to LOD fwd R and at the end of the quick sharply turn ½ left face.,  Fwd L and at the end of the quick turn sharply left face ¼ to face partner and WALL.,  Sd R,  Rec L ending in BFLY M facing WALL and partner.;
7-8  [Serpiente]  Same as part A meas 10 thru 11 ; ;
9  [Thru Fc Cls]  Same as part A meas 12 ; ;
10  [Start the Alemana]  Same as part A meas 13 ; ;
Part B [mod 1]

1-10 FINISH THE ALEMANA (W IN 4 TO SHDW WALL) :
[LEFT FT] SHDW FNC LINE REC PT ; FNC LN REC BK ; RT FT HIP RK’s ;
SHADOW FNC LN – REC BK ; SMALL SLIP BK (W IN 4 TO FC) ;
FWD BASIC [TO BFLY] ; FNC LN ;

1 [Finish the Alemana] Same as part B meas 1 ;
2 [Shdw Fence Line Rec Pt] Same as part B meas 2 ;
3 [Fence Line Rec Bk] Same as part B meas 3 ;
4 [Rt Foot Hip Rk’s] Same as part B meas 4 ;
5 [Shadow Fence Line Rec Bk] Same as part B meas 5 ;
6 [Small Slip Bk W Fan to Wall in 4 & Fe] Same as part B meas 6 ;
7 [Fwd Basic] Fwd L , Recover R , Sd L to BFLY ;
8 [Fence Line] XRIFL to bent knee , Rec L , Sd R ;

Interlude

1-8 NY ; AIDA w/ ARM’s ; SWITCH – REC & THRU [FC RLOD] ;
ROLL IN [TO FC LOD] ; HND TO HND [2X TO BFLY] ;
FNC LN ; SPOT TRN [TO LOOSE CP] ;

1 [NY] Thru to RLOD Fwd L checking , Rec R turning left to face partner , Sd and fwd L to LOD looking at partner and starting arm sweep by taking right arm from a low trailing position and raising it over the head and then straight down ;
2 [Aida] Keeping lead hnd’s joined step fwd R to LOD and continue to look at partner , Turning left face fwd and sd L to face partner and WALL , Continue left turn to face RLOD and step bk R to a “V” back to back position with arm’s extended up and back ;
3 [Switch Rec & Thru to RLOD] Pulling lead foot through to face partner and WALL step sd L touching lead hand’s , Rec R , Turning to RLOD step fwd L to end in LOP both facing RLOD ;
4 [Roll in] Step fwd R beginning a left face turn , Continue left face turn bk and sd L to end facing LOD [rotation should be 1 ½ turn] , Step sd R to end in LOP facing partner and WALL ;
5-6 [Hnd to Hnd 2X] Swivel left face ¼ turn to face LOD in OP and step bk L , Rec R , Fwd L and at the end of the slow count turn sharply right face ½ turn to LOD both facing RLOD ;
6 [Spot Turn to Loose CP] Stepping thru to LOD fwd L and at the end of the quick sharply turn ½ left face , Fwd L and at the end of the quick turn sharply left ¼ to face partner and WALL , Sd R going to CP ending M facing WALL and partner in Loose CP ;

Part C

1-8 BASIC ; OP BRK TO NAT TOP 3 [FC LOD] ;
W PUSH OFF M’s CHEST IN 1 - M HOLD ; W HIP ROLL - M HOLD [RT HND’s] ;
W ROLL LEFT FC - M’s HEADLOOP TO LEG CRAWL ;
HOLD SLOW & REC SLOW ;

1-2 [Basic] Fwd L , Rec R , Sd L ; Bk R , Rec L , Sd R ;
3-4 [Op Brk to Nat Top 3 Fc Lod] Bk L , Rec R and start to blend to CP , Turning right face ¼ fwd and side L to end in CP facing RLOD ;
4-5 Unwinding the feet to the “11” position , XRIBL to the “7” position facing LOD ;
5-6 [Push off M’s Chest in 1 – M Hold] Hold , (Placing left hnd on M’s Chest push off bk R , Hold ) ;
6-7 [Hip Roll – M Hold] Hold while W does hip roll join right hands , (W roll hip to left , , roll hip to right join right hands ,)

7 [W Sync Roll Left Face – M’s Headloop to Leg Crawl] Lead W to a reverse under arm turn to RLOD , Lead W toward M - raising right hand’s and bringing them over the head and around M’s neck . Collect W to a close CP – with only right arm around W’s lower back and left hand on M’s left back pocket – step back L taking the W with him to a leg crawl ;
7-8 (W fwd L starting a left face turn under right hand’s / Fwd and sd R finishing turn to face RLOD and M , Fwd L to close CP and allowing right arm to go over M’s head to the back of his neck , Fwd R lifting left knee up the outside of the M’s right leg to about thigh level ;
8 [Hold Slow – Rec Slow] Hold leg crawl position ; Rec R ;
Part C [cont’d]

9-15  CLSD HIP RK’s ; SMALL SLIP BK [TO FC COH] ; BASIC TO CROSSBODY [FC WALL] ; ; REV UNDRARM TRN ;
UNDRARM TRN ; START THE ALEMANA ;

9  [Clsd Hip Rk’s]  Bk L ,  Rec R ,  Rec L ;:

10  [Small Slip Bk Fc COH]  Bk R with slipping action to the left to Fc COH ,  Sd L ,  Cls R ;:;

11-12  [Basic to Crossbody]  Fwd L ,  Rec R ,  Turning left face to RLOD stp sd L ending in an “L” shaped
position with M facing RLOD and W facing WALL ;:  Leading the W in front of the M stp bk R with slipping
action left face ,  Rec L to fc W and WALL .  Sd R ending in CP M facing WALL ;: (W step bk R ,  Rec L ,
Fwd R in front of M ;:  Fwd L turning left face aiming between M’s feet ,  Step bk R continue turn to face M
and COH ,  Sd L ;:)

13  [Rev Undrarm Trn]  XLIFR leading W to Rev Undrarm Trn ,  Rec R ,  Sd L ;:  (W XRIFL to fc RLOD and
at the end of the quick sharply turn left fc ½ to LOD ,  Fwd L turning left to fc Partner ,  Sd R ;:)

14  [Undrarm Trn]  XRIBL leading W to Undrarm Trn ,  Rec L ,  Sd R ;:  (W XLIFR to fc LOD and at the end
of the quick sharply Trn right fc ½ to RLOD ,  Fwd R turning right to fc Partner ,  Sd L ;:)

15  [Start the Alemana]  Same as Part A meas 13 ;

B[mod 2]:

1-9  FINISH THE ALEMANA (W IN 4 TO SHDW WALL) ;
[LF FT] SHDW FNC LN REC PT ;  FNC LN REC BK ;  RT FT HIP RK’s ;
SHADOW FNC LN –  REC BK ;  SMALL SLIP BK (W IN 4 TO FC) ;
FWD BASIC ;  FAN [TO OBLIQUE LN] ; ;

1-6  Measures 1-6 same as Part B 1 -6 ; ; ; ; ; ;

7  [Fwd Basic]  Fwd L ,  Rec R ,  Sd L ;:

8-9  [Fan to Oblique Line]  Bk R ,  Rec L leading W to bk LOD .  Sd R with slight right sd stretch and allowing
W to use lead hnd’s as a stabilizer ;  ; ; ;  (W Fwd L between M’s feet ,  Bk R fcng RLOD ,  Sd and bk L
raising left hand and with left sd stretch up through the rib cage lifting right knee up to a figure 4 so thigh is level
with the floor and right foot is close to left knee – hold this position thru last slow and the next measure , ; , ; , ; ;

END:

1-6  HCKY STK [OVRTRND] ; ; NY ;  UNDRARM TRN ;
SHLDR TO SHLDR TO DBL UNDRARM TRN [6 QK] –
SWAY LINE & CHANGE THE SWAY ; ; ; ;

1-2  [Hcky Stk Ovrtrnd]  Fwd L ,  Rec R ,  Cls L raising lead arm’s looking at partner ;:
Bk R turning and
leading W to DRW ,  Rec L leading W to left face underarm trn to fc COH ,  Sd and fwd R to end in LOP fcng
position M fcng WALL ;: (W Cls R dissolving sway ,  Fwd L ,  Fwd R looking at partner thru arm window ;  ;
Fwd L toward DRW ,  Fwd R turning left fc with spiral action to fc COH ,  Sd L ;:)

3  [NY]  Stepping thru to RLOD fwd L checking ,  Rec R turning left to face partner ,  Sd and fwd L to LOD
looking at partner and starting arm sweep by taking right arm from a low trailing position and raising it over the
head ;:

4  [Undrarm Trn]  XRIBL leading W to underarm trn ,  Rec L ,  Sd R to BFLY ;: (W XLIFR to fc LOD and at
the end of the quick sharply trn right fc ½ to RLOD ,  Fwd R turning right to fc Partner ,  Sd L ;:)

5-7  [Shldr to Shldr to Dbl Underarm Turn – QQQQ QQ – Sway Line and Change Sway]  XLIFR to SCAR
position .  Rec R ,  Sd L leading W in front and to underarm trn ,  Cls R and finish underarm trn ;  Sd L and
start to lead W to a underarm turn .  Cls R and finish underarm turn .  Sd and fwd L blending to SCP LOD and
swaying left with right side stretch ;:
Change to right sway with left side stretch looking over W’s head ;:
(W XRIBL towart DRW ,  Rec L ,  Fwd R turning right face .  Continuing right face trn sd L to end frng partner ;
Sd R continuing right fc trn ,  Continuing right face frng sd L to end frng partner ,  Sd and fwd R
blending to SCP LOD and swaying to right with left side stretch ;:
Change to left sway with right side stretch looking over left shoulder , ; ; ;)
INTRO: [M FCNG WALL – W FCNG RLOD - LIKE AFTER FIRST 3 STEPS OF HCKY STK LOOKING THROUGH ARM WINDOW AT M – TRAILING FEET FREE] WAIT 1 MEAS ; HCKY STK ENDNG [TO BFLY SCAR]; FWD CK (W DEVELOPE); REC [TO FC] SD CLS

A: ALEMANA [TO HIS RT SD]; ; CUDDLE 3X [TO FC]; ; ; SPOT TRN; NY; AIDA w/ ARM’s; HIP RK 3 [& FC]; THRU TO THE SERPIENTE ;; THRU FC CLS; ; START THE ALEMANA

B: FINISH THE ALEMANA (W IN 4 TO SHDW WALL); [LF FT] SHDW FENCE LINE REC PT; FNC LINE REC BK; RT FT HIP RK’s; SHDW FNC LINE REC BK; SMALL SLIP BK (W FAN TO WALL IN 4 & FC); FWD BASIC [LOW DBL HND HOLD]; HIP RK’s [SS & QQS];

A[mod]: ALEMANA [TO HIS RT SD]; ; CUDDLE 3X [TO FC]; ; ; SPOT TRN [IN 4]; [TO LOD] SERPIENTE ;; THRU FC CLS; ; START THE ALEMANA

B[mod 1]: FINISH THE ALEMANA (W IN 4 TO SHDW WALL); [LF FT] SHDW FENCE LINE REC PT; FNC LINE REC BK; RT FT HIP RK’s; SHDW FNC LINE REC BK; SMALL SLIP BK (W FAN TO WALL IN 4 & FC); FWD B BASIC ; FNC LINE

INTER: NY; AIDA w/ ARM’s; SWTCH - REC & THRU [BOTH FC RLOD]; ROLL IN [TO FC LOD]; HND TO HND [2X TO BFLY]; ; FNC LN; SPOT TRN [CP];

C: BASIC ; ; OP BRK TO NAT TOP 3 [FC LOD]; ; (W PUSH OFF M’s CHEST IN 1) M HOLD; W SLOW HIP ROLL - M HOLD [RT HND’s]; W ROLL LF FC – M’s HEADLOOP TO LEG CRAWL ; HOLD SLOW & REC SLOW; CLSD HIP RK’s ; SMALL SLIP BK TO FC COH; BASIC TO CROSSBODY [FC WALL]; ; REV UNDRARM TRN ; UNDRARM TRN ; START THE ALEMANA

B[mod 2]: FINISH THE ALEMANA (W IN 4 TO SHDW WALL); [LF FT] SHDW FENCE LINE REC PT; FNC LINE REC BK; RT FT HIP RK’s; SHADOW FNC LINE REC BK; SMALL SLIP BK (W FAN TO WALL IN 4 & FC); FWD B ASIC ; FAN [TO OBLIQUE LINE]; HCKY STK [OVRTRND];

END: NY; UNDRARM TRN; SHLDR TO SHLDR TO DBL REV UNDRARM TRN [6 QK] – SWAY LINE & CHANGE SWAY ; ;