



MY REFLECTION 4

(Mi Reflejo)

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Record: Ballroom CD, Artist: Latin Unlimited, CD: Calor Lationo
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 Release Date:

Intro

- 1-4 **[M FCNG WALL–W FCNG RLOD–LOOKING THRU ARM WINDOW LIKE AFTER FIRST 3 STP’S OF HCKY STK–TRAILING FT FREE] WAIT 1 MEAS ; HCKY STK ENDNG [BFLY SCAR] ; FWD CK [W DEVELOPE] ; BK SD CLS [FC WALL] ;**
- 1 **[Wait]** M facing Wall– W facing RLOD – Lead Hnd’s joined in same position as if after first three stp’s of Hcky Stk [looking thru arm window] Wait 1 Meas ;
- 2 **[Hcky Stk Ending to BFLY SCAR]** Bk R toward DLC , Fwd L toward DRW and at the end of the quick count lead W to ½ 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 DLC , 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 Fc WALL]** Bk R toward DLC , 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 bringng 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 , XLIFR and sweep right in counterclockwise direction taking the whole slow count ,;-
- 12 **[Thru Fc Cls]** 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 Feng position M feng 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 Feng 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 & Fc] 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 ; SWTCH – 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 side 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 LOP both facing RLOD ,;-; Step bk R , Rec L , Fwd R and at the end of the slow count turn sharply left ¼ to face Partner & WALL ,;-;
 7 [Fence Line] XLIFR to bent knee , Rec R , Sd L ,;-;
 8 [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 ,;-; Turning right face XRIBL to the "7" position , continue right face turn sd L unwinding the feet to the "11" position , XRIBL to the "7" position facing LOD ,;-;
 5 [W Push off M's Chest in 1 – M Hold] Hold ,-,,-; (Placing left hnd on M's Chest push off bk R , Hold ,-,,-;)
 6 [W 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 ,;-; (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 [Cld 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 step 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 OK] –
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 undrarm 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 undrarm 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 toward DRW , Rec L , Fwd R turning right face , Continuing right face trn sd L to end fcng partner ; Sd R continuing right fc trn , Continuing right face trn sd L to end fcng 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 , - , - , - ;)



MY REFLECTION 4

(Mi Reflejo)

QUICK CUES

- 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 ASIC ; 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 ; ; ;