

# Flex

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Debbie Rushton (UK) - May 2022

Music: Flex - Kali J



**Intro: 16 Counts, Start at approx 9 secs**

**SEC 1: Jazz Box, Cross, Side, Touch,  $\frac{3}{4}$  Unwind, Step, Mambo Together**

- 1-2 Cross right over left, step left back
- 3-4 Step right to right, cross left over right
- &5-6 Step right to right, touch left behind right, unwind  $\frac{3}{4}$  turn left transferring weight onto left (3:00)
- 7 Step right forward
- 8&1 Rock left forward, recover weight onto right, step left beside right

**SEC 2: Rock, Sweep, Weave, Hip, Hip, Behind, Sweep**

- 2-3 Rock right forward, recover weight onto left sweeping right from front to back
- 4&5 Step right behind left, step left to left, cross right over left
- 6-7 Step left to left bumping hip left, bump right hip to right
- 8 Step left behind right sweeping right from front to back

**SEC 3: Slow Weave, Scissor Cross,  $\frac{3}{4}$  Reverse Turn, Shuffle**

- 1-2-3 Step right behind left, step left to left, cross right over left
- 4&5 Step left to left, step right beside left, cross left over right
- 6-7 Turn  $\frac{1}{4}$  left step right back, turn  $\frac{1}{2}$  left step left forward (6:00)
- 8&1 Step right forward, step left beside right, step right forward

**SEC 4: Rock, Recover, Rock, Ball Lock,  $\frac{3}{4}$  Unwind, Cross, Together**

- 2-3-4 Rock left forward, recover weight onto right, rock left forward
- &5 Step right forward, lock left behind right
- 6-7 Unwind  $\frac{3}{4}$  turn left transferring weight onto left over 2 counts (9:00)
- 8& Cross right over left, step left beside right

**Tag: At the end of Walls 1 & 4**

**SEC 1 Kick, Flick, Cross, Back, Side, Point, Flick, Kick, Cross,  $\frac{1}{4}$  Back, Side**

- 1-2 Kick right to right diagonal, flick right back
- 3&4 Cross right over left, step left back, step right to right
- 5&6 Touch left to left diagonal, flick left back, kick left forward
- &7-8 Cross left over right, turn  $\frac{1}{4}$  left step right back, step left to left

**SEC 2-4 Repeat SEC 1 - 3 more times**

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