

# The Reflex

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Josie Lim (MY) - February 2009

Music: The Reflex - Duran Duran : (Hit No.1 on US pop charts in June 1984)



**Intro: 3x8 (As the music begins very softly, its easier to count in when the vocal goes, "Flex, flex, flex, flex, flex..." and start from the heavy beat.)**

## **JAZZ BOX, HITCH, CROSS STEP, WEAVE**

1&2            Cross step RF over left, Step LF back, Step RF to side right  
3, 4            Hitch LF across R knee, Step LF over right  
5,6,7,8        Step RF to side right, step LF behind right, step RF to side right, step LF across right

## **STEP BACK, SWEEP SAILOR TURN ½ RIGHT, STEP, HEEL BOUNCES TURNING ½ RIGHT**

1            Step RF back, at the same time lift L heel  
2            Step LF back, at the same time lift R heel  
3&4        Sweep RF turn ½ right step RF to side right, step LF to side L, step RF to side right(6:00)  
5            Step forward on LF  
6,7,8        Bounce both heels at the same time turn ½ right (weight ends on LF) (12:00)

**RESTART: DURING 7TH WALL (6:00) DANCE 16 COUNTS AND RESTART @ 6:00o'clock**

## **RIGHT COASTER, SKATES, TOE TAPS-STEP FORWARD, STEP, PIVOT ¼ LEFT**

1&2            Step RF back, step LF next to right, step RF forward  
3-4            Skate forward on LF then skate forward on RF  
5&6        Tap L toe next to right foot, tap L toe further forward, Step forward on LF  
7-8            Step RF forward, Pivot ¼ left (weight end on LF) (9:00)

## **CROSS, HOLD, BACK, HEEL TAP, STEP, TOUCH, BACK, HITCH (WITH ARMS UP KUNG-FU STYLE IN DEFENCE), HOLD/KICK, BACK ROCK, RECOVER**

1,2            Cross RF over left, Hold (2)  
&3&4        Step LF back, tap R heel forward, step RF in place, Touch L toe next to right  
&5            Step LF back, Hitch RF

**(Optional Hand actions when you hitch the RF: Lift both arms up, bent at elbow, fingers of both hands close and facing outwards; R hand near forehead and L hand near the chin, as if to shield and protect your head-kung fu style:a reflex action)**

6            HOLD (option: Do a KICK instead of a hold)  
7, 8        Rock RF back, recover onto LF

## **START AGAIN**

**Restart the dance during the 7th Wall (6 o'clock) dance only 16 counts and restart facing 6:00 o'clock**