

# Brainwash

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Mikael Mölsä (FIN) - 5 May 2012

Musique: Brainwash - Nicole C. Mullen : (CD: A Dream To Believe In, Vol. 2)



**Starting point: At chorus after the heavy beat, at about 0:10.**

**Note: On wall 8, leave the last two chest pumps off to continue with the steps forward as the music kicks in again. Special thanks to TW for your suggestion of music.**

## **RIGHT ROCK STEP, 1/4 RIGHT TURNING SAILOR STEP, SIDE STEPS WITH HANDS, ARM MOVEMENTS**

- 1-2 Rock right to side, recover weight back to left
- 3&4 Step right behind left, step left next to right, turn 1/4 to right and step right to right diagonal
- 5-6 Step left out to side, step right out to side (feet now should apart)

**Arm movement: On count 5 reach with your right hand to far left as if trying to reach something from the upper shelf on the left, on count 6 reach do the same with your left hand reaching to far right**

- 7-8 Lean more to your right foot while bending the right foot a little (and the left).

**Arm movement: On count bring your hand from your forehead spinning down pointing at your toes in the end as to illustrate the words "from my head to my toes".**

## **SYNCOPATED BACK ROCK, BODY ROLL, CHEST PUMP**

- 1&2 Rock left behind right, recover weight back to right, step left to side (body slightly leaning to right)
- 3-4 Body roll from top to bottom
- 5& Pump chest up & out, return chest back to centre
- 6& Pump chest up & out, return chest back to centre
- 7& Pump chest up & out, return chest back to centre
- 8& Pump chest up & out, return chest back to centre (and stand up weight ending on your left foot)

## **STEPS, ELECTRIC KICK, 1/2 RIGHT TURNING HEEL SWIVEL TURN**

- 1-2 Step right forward, step left forward
- 3&4& Step right forward, recover weight back to left, step right back and kick left, step weight back to left
- 5 Step right forward
- 6&7 Step left forward, twist right heel towards left heel making a turn ¼ right (weight ends on right), turn ¼ right twisting left heel back (weight ends on left)
- 8 Touch right next to left

## **STEPS, 1/2 RIGHT TURNING SAILOR TOUCH, DIAGONAL STEPS**

- 1-2 Step forward right, step forward left
- 3&4 Step right behind left and turn 1/4 to right, step left next to right and turn 1/4 to right, touch right next to left
- 5& Step right diagonal, touch left next to right
- 6& Step left diagonal, touch right next to left
- 7& Step right diagonal, touch left next to right
- 8& Step left diagonal, touch right next to left

**REPEAT**