

Brainwash

拍数: 32 墙数: 4 级数: Intermediate
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音乐: 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 1/4 right (weight ends on right), turn 1/4 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