

Reflex

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Cooke (UK)
音乐: I'm Not In the Mood (To Say No)! - Shania Twain



WALK WALK ½ TURN STEP FORWARD TWICE

1-2 Walk forward on right foot, walk forward on left foot
3&4 Step forward onto right foot pivot half turn left & step forward onto right foot
5-6 Walk forward on left foot, walk forward on right foot
7&8 Step forward onto left foot pivot ½ turn right & step forward onto left foot

ROCK AND CROSS TWICE, SIDE BEHIND CHASSE ¼ TURN

1&2 Rock right foot to right side recover onto left foot & cross step right foot over left
3&4 Rock left foot to left side recover onto right foot and cross step left foot over right
5-6 Step right foot to right side, cross left behind right foot
7&8 Step right to right side, step left next to right, step right foot forward making ¼ turn right

KICK BALL CHANGE, STEP SLIDE TWICE

1&2 Kick left foot forward, step left next to right, step right next to left
3-4 Take big step to left side and slide right foot next to left foot
5&6 Kick right foot forward, step right next to left, step left in place
7-8 Take big step right to right side and slide left foot next to right

GRAPEVINE LEFT AND CLAP, GRAPEVINE RIGHT AND CLAP

1-2 Step left foot to left side and step right foot behind left
3-4 Step left foot to left side, and touch right besides left and clap
5-6 Step right foot to right side, step left behind right
7-8 Step right foot to right side and step left in place next to right and clap

No weight on right foot

REPEAT
