The Reflex

拍数: 32	墙数: 4	级数: Intermediate

编舞者: Josie Lim (MY) - February 2009

音乐: 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