

# The Reflex

COPPER KNOB  
BY STEPHEN

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Josie Lim (MY) - February 2009  
音樂: 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