Reflex



Count: 32 Wall: 4 Level: Intermediate

Choreographer: Craig Cooke (UK)

Music: 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	
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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 1/4 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 behin	d left
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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