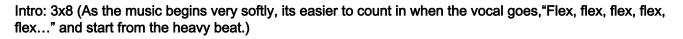
The Reflex

Count: 32

Level: Intermediate

Choreographer: Josie Lim (MY) - February 2009

Music: The Reflex - Duran Duran : (Hit No.1 on US pop charts in June 1984)



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

- Step RF back, at the same time lift L heel 1
- 2 Step LF back, at the same time lift R heel
- 3&4 Sweep RF turn ¹/₂ right step RF to side right, step LF to side L, step RF to side right(6:00) 5 Step forward on LF

Bounce both heels at the same time turn $\frac{1}{2}$ right (weight ends on LF) (12:00) 6,7,8

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 1/4 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 headkung fu style:a reflex action)

- HOLD (option: Do a KICK instead of a hold) 6
- 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





Wall: 4