

# Brainwash

**Choreographed by:** Mikael Mölsä (5.5.2012 at 23:52)

**Description:** 32 counts, 4 wall line dance

**Music:** Brainwash by Nicole C. Mullen (CD: *A Dream To Believe In, Vol. 2*)

**Level:** Intermediate

**Starting point:** At chorus after the heavy beat, at about 0:10.

**Note:** On wall 8, leave the last two chest pumps off to continue with the steps forward as the music kicks in again. Special thanks to TW for your suggestion of music.

## **RIGHT ROCK STEP, 1/4 RIGHT TURNING SAILOR STEP, SIDE STEPS WITH HANDS, ARM MOVEMENTS**

1-2 Rock right to side, recover weight back to left

3&4 Step right behind left, step left next to right, turn 1/4 to right and step right to right diagonal

5-6 Step left out to side, step right out to side (feet now should apart)

**Arm movement:** On count 5 reach with your right hand to far left as if trying to reach something from the upper shelf on the left, on count 6 reach do the same with your left hand reaching to far right

7-8 Lean more to your right foot while bending the right foot a little (and the left).

**Arm movement:** On count bring your hand from your forehead spinning down pointing at your toes in the end as to illustrate the words "from my head to my toes".

## **SYNCOATED BACK ROCK, BODY ROLL, CHEST PUMP**

1&2 Rock left behind right, recover weight back to right, step left to side (body slightly leaning to right)

3-4 Body roll from top to bottom

5& Pump chest up & out, return chest back to centre

6& Pump chest up & out, return chest back to centre

7& Pump chest up & out, return chest back to centre

8& Pump chest up & out, return chest back to centre (and stand up weight ending on your left foot)

## **STEPS, ELECTRIC KICK, 1/2 RIGHT TURNING HEEL SWIVEL TURN**

1-2 Step right forward, step left forward

3&4& Step right forward, recover weight back to left, step right back and kick left, step weight back to left

5 Step right forward

6&7 Step left forward, twist right heel towards left heel making a turn 1/4 right (weight ends on right), turn 1/4 right twisting left heel back (weight ends on left)

8 Touch right next to left

## **STEPS, 1/2 RIGHT TURNING SAILOR TOUCH, DIAGONAL STEPS**

1-2 Step forward right, step forward left

3&4 Step right behind left and turn 1/4 to right, step left next to right and turn 1/4 to right, touch right next to left

5& Step right diagonal, touch left next to right  
6& Step left diagonal, touch right next to left  
7& Step right diagonal, touch left next to right  
8& Step left diagonal, touch right next to left

**REPEAT**

