

BRAINWAVE

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Lorraine Deering

Music: This Is Your Brain by Joe Diffie

FORWARD 45 & HIP, HIP, HIP, HOLD, FORWARD 45 & HIP, HIP, HIP, HOLD

- 1-2 Step right forward at 45 degrees & push hips right, push hips left
- 3-4 Push hips right, hold
- 5-6 Step left forward at 45 degrees & push hips left, push hips right
- 7-8 Push hips left, hold

FORWARD 45 & HIP, HIP, HIP, HOLD, FORWARD 45 & HIP, HIP, HIP, HOLD

- 1-2 Step right forward at 45 degrees & push hips right, push hips left
- 3-4 Push hips right, hold
- 5-6 Step left forward at 45 degrees & push hips left, push hips right
- 7-8 Push hips left, hold

FORWARD LOCK, FORWARD SCUFF, FORWARD LOCK, FORWARD SCUFF

- 1-2-3-4 Step right forward, lock left behind right, step right forward, scuff left
- 5-6-7-8 Step left forward, lock right behind left, step left forward, scuff right

FORWARD, ½ TURN, STOMP, HOLD

- 1-2 Step right forward, turn ½ turn left keeping weight on right
- 3-4 Stomp left forward, hold

FORWARD LOCK, FORWARD SCUFF, FORWARD LOCK, FORWARD SCUFF

- 1-2-3-4 Step right forward, lock left behind right, step right forward, scuff left
- 5-6-7-8 Step left forward, lock right behind left, step left forward, scuff right

FORWARD, ½ TURN, STOMP, HOLD

- 1-2 Step right forward, turn ½ turn left keeping weight on right
- 3-4 Stomp left forward, hold

VINE RIGHT-HEEL & CLAP, VINE LEFT-HEEL & CLAP

- 1-2** Step right to the side, cross left behind right
- 3-4** Step right to the side, touch left heel at 45 degrees & clap
- 5-6** Step left to the side, cross right behind left
- 7-8** Step left to the side, touch right heel at 45 degrees & clap

VINE BACK-HITCH & CLAP, VINE BACK-HITCH & CLAP

- 1-2-3-4** Step right back, step left back, step right back, hitch left & clap
- 5-6-7-8** Step left back, step right back, step left back, hitch right & clap

FORWARD, LOCK, FORWARD, SLAP HEEL, FORWARD, LOCK, ¼ TURN, STOMP

- 1-2** Step right forward, lock left behind right
- 3-4** Step right forward, lift left behind & slap with right hand
- 5-6** Step left forward, lock right behind left
- 7-8** Turn ¼ turn left-step left forward, stomp right together

REPEAT