

# Stretch Your Legs

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Larry Bass (USA)

Musik: Bad for Good - Deryl Dodd



## **KICK & ROMP & STEP ¼ TURN; SAILOR SHUFFLES**

- 1&2 Kick right foot forward, & step right foot back; touch left heel forward  
& Step left foot beside right  
3-4 Step right foot forward; turn ¼ turn left onto left foot  
5&6 Step right foot behind left, step left foot to left, step right foot diagonally forward to right  
7&8 Step left foot behind right, step right foot to right, step left foot diagonally forward to left

## **SYNCOPATED BEHIND CROSS STEPS; SAILOR SHUFFLE, SAILOR SHUFFLE WITH HEEL TOUCH**

- 9& Cross right foot behind left, step left foot to left  
10& Cross right foot behind left, step left foot to left  
11& Cross right foot behind left, step left foot to left  
12 Cross right foot behind left  
13&14 Step left foot behind right, step right foot to right, step left foot diagonally forward to left  
15&16 Step right foot behind left, step left foot to left, touch right heel diagonally forward to right

## **VAUDEVILLE STEPS; CROSSOVER SHUFFLE, SIDE ROCK, ¼ TURN**

- &17 Step right foot slightly back, cross left foot over right  
&18 Step right foot slightly to right, touch left heel diagonally forward to left  
&19 Step left foot slightly back, cross right foot over left  
&20 Step left foot slightly to left, touch right heel diagonally forward to right  
&21 Step right foot slightly back, cross left foot over right  
&22 Step right foot slightly to right, cross left foot over right  
23-24 Step right foot to right; rock onto left foot while turning ¼ turn left

## **FORWARD SHUFFLE, STEP PIVOT; TURNING SHUFFLE, ROCK STEP**

- 25&26 Shuffle forward right, left, right  
27-28 Step left foot forward; turn ½ turn right onto right foot  
29&30 Shuffle left, right, left while turning ½ turn right  
31-32 Step right foot back; rock forward onto left foot

**REPEAT**

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