

STRETCH

拍数: 32 墙数: 4 级数:
编舞者: Alison Austerberry (UK) - May 2019
音乐: Stretch - Louise : (Album: Redknapp)



Plenty of WORKOUT attitude (and Sassy) with a Big S T R E T CH to finish

STEP, DRAG, HOLD, BEHIND STEP CROSS, HOLD BEHIND STEP CROSS, STEP DRAG

1&2 Step Right to Right side, slowly dragging Left next to Right. Hold
&3&4 Step Left behind Right. Step Right to Right Side. Cross Left over Right Hold
5&6 Step Right to Right side, Step left behind Right. Step Right to Right side
7&8 Cross Left over Right. Step Right to Right side, slowly dragging Left next to Right

ROCK OUT RECOVER, RIGHT SHUFFLE BACK, SWEEP LEFT, SWEEP RIGHT, LEFT COASTER STEP

9&10 Rock out to the Right. Recover on Left, Touch Right next to Left
11&12 Step back on Right. Bring Left next to Right. Step back on Right
13-14 Sweep back Left. Sweep back Right
15&16 Step back on Left. Step forward on Right. Step Left next to Right

PRISSY WALKS FORWARD RIGHT, LEFT, RIGHT SHUFFLE FORWARD, ROCK AND STEP, AND STEP, TURN, TOUCH

17-18 Prissy Walk forward on Right. Prissy Walk forward on Left
19&20 Step forward on Right. Step Left next to Right. Step onward on Right
21&22 Rock Left to Left side. Recover on Right
&23&24 Cross Right over Left, turning ¼ turn Right. Step Left. Step Right. Touch left next To Right

TOUCH & TOUCH & TOUCH, AND TOUCH (LITTLE JUMPS) UP, DOWN, JUMP OUT AND IN

&25&26 Touch Right toe in place. Touch Left toe in place
&27&28 Touch Right toe in place. Touch Left toe in place
&29&30 Reach up on balls of feet, stretching arms above, place heels down

(Stretching Arms above)

&31&32 Jump out on Right. Jump out on Left. Jump in on Right. Jump in on Left
(stretching arms out to sides)

START AGAIN

TAG: On Wall 9 facing the front - she sings "gonna work that body, body, body

1-8 Rolling Vine to the Right. Rolling Vine to the Left. Hold