

Reach Out

拍數: 32 牆數: 2 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: I Do Now - Jessica Andrews



FORWARD COASTER, BACK COASTER, RIGHT SAILOR STEP, BEHIND SIDE, CROSS

1&2 Forward coaster; step forward right, step left beside right, step back on right foot
3&4 Back coaster; step back on left, step right beside left, step forward on left
5&6 Right sailor; cross step right behind left, step left to left side, replace weight center on right
7&8 Cross left behind right, step right to right side, cross/step left in front to right

SIDE, CENTER, CROSS, SIDE SHUFFLE ¼ LEFT, ½ PIVOT & STEP, FULL TURN, TRIPLE STEP LEFT

1&2 Rock/step right to right, replace weight center on left, cross/step right over left
3&4 Step left to left, step right behind left, step left to left turning ¼ turn left (weight on left)
5&6 Step forward right, pivot ½ turn left (weight on left), step forward on right
7&8 Traveling forward turn full turn left stepping left-right-left

SIDE SHUFFLE, CROSS LEFT SAMBA, RIGHT SAILOR, ¼ TURN LEFT, LEFT COASTER

1&2 Side shuffle right stepping right-left-right
3&4 Left samba; cross left over right, rock/step right to right, replace weight center on left
5&6 Right sailor; cross right behind left, step left to left turning ¼ turn left, step back on right
7&8 Left coaster; step back on left, step right beside left, step forward on left

TRAVELING FORWARD FULL TURN OVER LEFT, SHUFFLE FORWARD RIGHT, STEP FORWARD LEFT, ½ TURN, FULL TURN

1-2 Traveling forward turn full turn left, step forward right turning ½ turn left, step back on left turning ½ turn left
3&4 Shuffle forward right stepping right-left-right
5-6 Step forward on left, pivot ½ turn right (take weight on right foot)
7&8 Traveling forward turn full turn left stepping left-right-left

REPEAT

TAG

At the end of wall two add tag (8 counts), this only happens once in the song

1&2 Forward mamba; rock forward right, recover weight back on left, step back on right
3&4 Back mamba; rock back on left, recover weight forward on right, step forward on left
5-6 Step forward right, pivot ½ turn left (take weight onto left)
7-8 Traveling forward turn full turn left, step forward right turning ½ turn left, step back on left turning ½ turn left