

Reach Out!

拍數: 40 牆數: 4 級數: Improver
編舞者: Linda Dube (CAN)
音樂: What If - Reba McEntire



FORWARD SYNCOPATED ROCK STEPS, FORWARD SHUFFLES

1&2 Rock right foot diagonally forward, rock left in place, rock right in place
Shift weight between right-left-right, without lifting feet off of the floor
3&4 Shuffle forward left-right-left
5&6 Rock right foot diagonally forward, rock left in place, rock right in place.(same as above)
7&8 Shuffle forward left-right-left

BACKWARD SYNCOPATED ROCK STEPS, BACKWARD SHUFFLES

9&10 Rock right foot diagonally backward, rock left in place, rock right in place
Shift weight between right-left-right, without lifting feet off of the floor
11&12 Shuffle backward, left-right-left
13&14 Rock right foot diagonally backward, rock left in place, rock right in place
15&16 Shuffle backward, left-right-left

½ VINE, ½ TURNING SIDE SHUFFLE, ROCK STEP, SHUFFLE IN PLACE

17-18 Step side right, cross left behind right
19&20 Step side right and begin ½ turning shuffle right, step left to meet right completing the turn, step right beside left
21-22 Rock forward left, rock right in place
23&24 Shuffle in place left-right-left
25-32 Repeat steps- 17-24

SIDE ROCK STEPS, CROSS SHUFFLE, ROCK STEP, ¼ TURN COASTER STEP

33-34 Step (rock) right foot to the right side, rock left in place
35&36 Cross right foot over left, keeping feet in crossed position, step left with the left foot, cross right foot over left
37-38 Rock forward left, rock back on the right
39&40 ¼ turn left stepping slightly back on the left foot, step right together with left, step forward left

REPEAT
