

Reach Out

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Susan Morgan (JP)
音樂: Out of Reach - Gabrielle



Sequence: AB, AAB, AAB, AA

PART A

- 1-2 Rock forward right, recover left
3-4 Step back right, kick left forward
5-6 Full turn to the right (cross left over right and unwind, ending up with weight on left)
7&8 Coaster step - right-left-right
- 9-10 Step left forward, ¼ turn to the right (leaving weight on left foot)
11&12 Coaster step - right-left-right
13&14& Toe touches: touch left to left side, touch left in place, touch right forward, touch right in place
15-16 Step left forward, ¼ turn to the right (leaving weight on left foot)
- 17-18 Rock back right, recover left
19-20 Step right to right side, full turn to the left and step weight onto left
21-22 Step right forward, step left back
23&24 Turn 1 ½ turn to the right: step right-left-right
- 25-26 Step left forward, turn ½ turn to the right and step weight onto right
27&28 Lock step forward left-right-left
29-30 Step right forward, ½ turn to the left and step weight onto left
31-32 Walk forward right, left

PART A OPTIONS:

- 1 Reach out (forward) with your arms
17 Reach out (forward) with your arms
21 As right foot steps forward, bring left foot up behind right knee and tap left foot with right hand

PART B

- 1-2 Step right forward, ½ turn to the left and step weight onto left
3&4 Shuffle forward right-left-right
5-6 Step left forward, ½ turn to the right and step weight onto right
7&8 Shuffle forward left-right-left
- 9-10 Step right to right side, step left to left side
11-12 Slap thighs with both hands, clap hands
13 Raise both arms vertically above head (as if clock position - 11:05)
14 Lower arms slightly (clock position - 10:10)
15 Lower arms slightly (clock position - 9:15)
16 Lower arms slightly (clock position - 8:20)