

Reach Out

拍數: 60 牆數: 2 級數: Improver
編舞者: Jan Wyllie (AUS)
音樂: Reach Out - The Four Tops



SHUFFLE, ROCK RETURN, SHUFFLE ¼ TURN, ROCK RETURN

1&2-3-4 Shuffle right (right, left, right), rock left behind right, rock/return weight to right
5&6 Shuffle to the left (left, right, left) while making ¼ turn right (becomes a shuffle back)
7-8 Rock/step back on right, rock forward on left

SHUFFLE ½ TURN, ROCK RETURN, STEP TOUCH, HEEL JACK

9&10-11-12 Shuffle forward right, left, right while making ½ turn left, rock/step back on left, rock forward on right
13-14 Step forward on left, touch right toe behind left heel
15&16 Step back on right, touch left heel forward, step forward on left, touch right beside left (heel jack)

ROCK RETURN, COASTER CROSS, LEFT SAMBA CROSS, RIGHT SAMBA CROSS

17-18 Rock/step forward on right, rock back on left
19&20 Step back on right, step left beside right, step right across left
21&22 Rock/step left to left, replace weight on right, step left across right
23&24 Rock/step right to right, replace weight on left, step right across left

¼ TURN SHUFFLE, ½ TURN ROCK RETURN, WALK BACK TWICE, WALK FORWARD TWICE

25&26 Making ¼ turn right shuffle back left, right, left
27-28 Making ½ turn right rock/step forward on right, rock back on left
29-30-31-32 Step back on right, rock/step back on left, step forward on right, step forward on left

STEP PIVOT ½, STEP PIVOT ¼, ROCK RETURN, STEP BACK, STEP ¼ TURN LEFT

33-34 Step forward on right, pivot ½ left transferring weight to left
35-36 Step forward on right, pivot ¼ left transferring weight to left
37-38-39-40 Rock/step forward on right, rock back on left, step back on right, making ¼ left step left beside right

STEP FORWARD, BUMP HEELS X 3 AND 'REACH OUT', ROCK RETURN, COASTER. REPEAT WITH ¼ LEFT ON COASTER

41-42-43-44 Step forward on right, bump right heel 3 times while 'reaching out' with right hand
45-46-47&48 Rock/step forward on left, rock back on right, step back on left, step right beside left, step forward on left
49-56 Repeat last 8 counts (the 'reach out' sequence) adding ¼ turn left on the coaster step

ROCK RETURN, TURN 1 AND ¼ TURNS RIGHT TO FACE NEW WALL

57-58 Rock/step forward on right, rock back on left
59-60 Making a 1 and ¼ turn to the right (back over right shoulder) step right, left
If you can't turn just make ¼ turn right stepping right to right, step left beside right

REPEAT

RESTART

Restart on wall 2 after count 36. (after the ¼ turn pivot). When you shuffle right to start the dance again just add ¼ left and shuffle facing the front wall

TAG

On wall 4 please add this 8 beat tag

1&2-3-4 Shuffle right (right, left, right), rock/step left behind right, return weight to right

5&6-7-8 Making $\frac{1}{4}$ right shuffle back left, right, left, making $\frac{1}{4}$ right step right to right side, step left over right
