

# Stretch Your Legs

拍數: 32      牆數: 2      級數: Improver  
編舞者: Larry Bass (USA)  
音樂: Bad for Good - Deryl Dodd



## KICK & ROMP & STEP ¼ TURN; SAILOR SHUFFLES

1&2      Kick right foot forward, & step right foot back; touch left heel forward  
&      Step left foot beside right  
3-4      Step right foot forward; turn ¼ turn left onto left foot  
5&6      Step right foot behind left, step left foot to left, step right foot diagonally forward to right  
7&8      Step left foot behind right, step right foot to right, step left foot diagonally forward to left

## SYNCOPATED BEHIND CROSS STEPS; SAILOR SHUFFLE, SAILOR SHUFFLE WITH HEEL TOUCH

9&      Cross right foot behind left, step left foot to left  
10&      Cross right foot behind left, step left foot to left  
11&      Cross right foot behind left, step left foot to left  
12      Cross right foot behind left  
13&14      Step left foot behind right, step right foot to right, step left foot diagonally forward to left  
15&16      Step right foot behind left, step left foot to left, touch right heel diagonally forward to right

## VAUDEVILLE STEPS; CROSSOVER SHUFFLE, SIDE ROCK, ¼ TURN

&17      Step right foot slightly back, cross left foot over right  
&18      Step right foot slightly to right, touch left heel diagonally forward to left  
&19      Step left foot slightly back, cross right foot over left  
&20      Step left foot slightly to left, touch right heel diagonally forward to right  
&21      Step right foot slightly back, cross left foot over right  
&22      Step right foot slightly to right, cross left foot over right  
23-24      Step right foot to right; rock onto left foot while turning ¼ turn left

## FORWARD SHUFFLE, STEP PIVOT; TURNING SHUFFLE, ROCK STEP

25&26      Shuffle forward right, left, right  
27-28      Step left foot forward; turn ½ turn right onto right foot  
29&30      Shuffle left, right, left while turning ½ turn right  
31-32      Step right foot back; rock forward onto left foot

**REPEAT**

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