

Line Dance Stretch

Count: 96

Wand: 0

Ebene:

Choreograf/in: Lois Sturgeon (AUS)

Musik: No One Else On Earth - Wynonna



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- | | |
|-----|--|
| 1-2 | Slide right foot forward (toe pointed forward right knee bent & facing forward left leg straight), hold |
| 3-4 | Straighten right leg bending left knee forward, bend right knee forward straightening left leg |
| 5-8 | Repeat last 4 beats |
| | |
| 1 | Slide right foot forward full stretch (right knee bent, left leg straight, both heels on floor) |
| 2-4 | Hold for 3 beats |
| 5-8 | Lift/pull right toe up straightening right leg, hold 3 beats |
| | |
| 1-4 | Fan right toe to left turning ¼ left, twist heels in, toes in, heels in (feet are together) |
| 5-6 | Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold |
| 7-8 | Straighten left leg bending right knee forward, bend left knee forward straightening right leg |
| | |
| 1-2 | Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold |
| 3-4 | Straighten left leg bending right knee forward, bend left knee forward straightening right leg |
| 5 | Slide left foot forward full stretch (left knee bent, right leg straight, both heels on floor) |
| 6-8 | Hold for 3 beats |
| | |
| 1-4 | Lift/pull left toe up straightening left leg, hold 3 beats |
| 5-8 | Fan left toe to right turning ¼ right, twist heels in, toes in, heels in (feet are together) |
| 1-4 | Swing/step right toe across behind left, lift right hip up & to right, hold, hold dropping right heel |
| 5-8 | Swing/step left toe across behind, right lift left hip up & to left, hold, hold dropping left heel |
| | |
| 1-2 | Step right foot to right side with foot pointing 45 degrees right & knee bent (over toes), hold |
| 3-4 | Step left foot to left side with foot pointing 45 degrees left & knee bent (over toes), hold |
| 5-8 | Twist upper body to left (looking over left shoulder) swinging left arm behind waist, right arm across in front of waist, hold, hold |
| | |
| 1-4 | Twist upper body to right (looking over right shoulder) swinging right arm behind waist, left arm across in front of waist, hold, hold |
| 5-8 | Straighten left leg keeping right leg bent, straighten right leg, slide right foot next to left (2 beats) |
| | |
| 1-2 | Tap right toe to right bending left knee, clasp right toe with right hand pulling right foot up behind body (both knees together & facing front) |
| 3-6 | Straighten left leg (as much as comfortable), hold, hold, step right next to left |
| 7-8 | Roll knees to the right full circle |
| | |
| 1-2 | Tap left toe to left bending right knee, clasp left toe with left hand pulling left foot up behind body (both knees together & facing front) |
| 3-6 | Straighten right leg (as much as comfortable), hold, hold, step left next to right |
| 7-8 | Roll knees to the left full circle |
| | |
| 1-2 | Roll right shoulder full circle front to back (2 beats) |

3-4	Roll left shoulder full circle front to back (2 beats)
5-8	Circle hips 2 full circles to the left
1-2	Roll left shoulder full circle front to back (2 beats)
3-4	Roll right shoulder full circle front to back (2 beats)
5-7&8	Shrug shoulders up, push shoulders down, shake shoulders & arms 3 times

REPEAT
