S T R E T C H

Count: 32 **Wall:** 4 **Level:**
Choreographer: Alison Austerberry (UK) - May 2019
Music: Stretch - Louise : (Album: Redknapp)

Plenty of WORKOUT attitude (and Sassy) with a Big S T R E T CH to finish

STEP, DRAG, HOLD, BEHIND STEP CROSS, HOLD BEHIND STEP CROSS, STEP DRAG

1&2	Step Right to Right side, slowly dragging Left next to Right. Hold
&3&4	Step Left behind Right. Step Right to Right Side. Cross Left over Right Hold
5&6	Step Right to Right side, Step left behind Right. Step Right to Right side
7&8	Cross Left over Right. Step Right to Right side, slowly dragging Left next to Right

ROCK OUT RECOVER, RIGHT SHUFFLE BACK, SWEEP LEFT, SWEEP RIGHT, LEFT COASTER STEP

9&10	Rock out to the Right. Recover on Left, Touch Right next to Left
11&12	Step back on Right. Bring Left next to Right. Step back on Right
13-14	Sweep back Left. Sweep back Right
15&16	Step back on Left. Step forward on Right. Step Left next to Right

PRISSY WALKS FORWARD RIGHT, LEFT, RIGHT SHUFFLE FORWARD, ROCK AND STEP, AND STEP, TURN, TOUCH

17-18	Prissy Walk forward on Right. Prissy Walk forward on Left
19&20	Step forward on Right. Step Left next to Right. Step onward on Right
21&22	Rock Left to Left side. Recover on Right
&23&24	Cross Right over Left, turning ¼ turn Right. Step Left. Step Right. Touch left next To Right

TOUCH & TOUCH & TOUCH, AND TOUCH (LITTLE JUMPS) UP, DOWN, JUMP OUT AND IN

&25&26	Touch Right toe in place. Touch Left toe in place
&27&28	Touch Right toe in place. Touch Left toe in place
&29&30	Reach up on balls of feet, stretching arms above, place heels down

(Stretching Arms above)

&31&32	Jump out on Right. Jump out on Left. Jump in on Right. Jump in on Left

(stretching arms out to sides)

START AGAIN

TAG: On Wall 9 facing the front - she sings “gonna work that body, body, body

1-8	Rolling Vine to the Right. Rolling Vine to the Left. Hold