STRETCH

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 C H 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

(Touching arms above)
(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