

Reach Out

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Susan Morgan (JP)
音樂: Out of Reach - Gabrielle



Sequence: AB, AAB, AAB, AA

PART A

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|--------|--|
| 1-2 | Rock forward right, recover left |
| 3-4 | Step back right, kick left forward |
| 5-6 | Full turn to the right (cross left over right and unwind, ending up with weight on left) |
| 7&8 | Coaster step - right-left-right |
| | |
| 9-10 | Step left forward, ¼ turn to the right (leaving weight on left foot) |
| 11&12 | Coaster step - right-left-right |
| 13&14& | Toe touches: touch left to left side, touch left in place, touch right forward, touch right in place |
| 15-16 | Step left forward, ¼ turn to the right (leaving weight on left foot) |
| | |
| 17-18 | Rock back right, recover left |
| 19-20 | Step right to right side, full turn to the left and step weight onto left |
| 21-22 | Step right forward, step left back |
| 23&24 | Turn 1 ½ turn to the right: step right-left-right |
| | |
| 25-26 | Step left forward, turn ½ turn to the right and step weight onto right |
| 27&28 | Lock step forward left-right-left |
| 29-30 | Step right forward, ½ turn to the left and step weight onto left |
| 31-32 | Walk forward right, left |

PART A OPTIONS:

- | | |
|----|---|
| 1 | Reach out (forward) with your arms |
| 17 | Reach out (forward) with your arms |
| 21 | As right foot steps forward, bring left foot up behind right knee and tap left foot with right hand |

PART B

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|-------|--|
| 1-2 | Step right forward, ½ turn to the left and step weight onto left |
| 3&4 | Shuffle forward right-left-right |
| 5-6 | Step left forward, ½ turn to the right and step weight onto right |
| 7&8 | Shuffle forward left-right-left |
| | |
| 9-10 | Step right to right side, step left to left side |
| 11-12 | Slap thighs with both hands, clap hands |
| 13 | Raise both arms vertically above head (as if clock position - 11:05) |
| 14 | Lower arms slightly (clock position - 10:10) |
| 15 | Lower arms slightly (clock position - 9:15) |
| 16 | Lower arms slightly (clock position - 8:20) |