

LINE DANCE STRETCH

LINEDANCE.COM

Count: 96 **Wall:** — **Level:** —

Choreographer: Lois Sturgeon

Music: No One Else On Earth by Wynonna

- 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
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- 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
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- 1-4** Fan right toe to left turning $\frac{1}{4}$ 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
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- 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 $\frac{1}{4}$ 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28153