

Reach Out!

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Shaz Walton - February 09

Music: "Reach Out" By Hilary Duff (Single)

*****Please be aware there are many versions of this track- the one used for this dance is 4.15 and has a prominent break at 3.16**

Count in - 16 counts- just after the lyrics "Lets Go" - x2 restarts

The first restart happens after 32 counts on the first wall.

¼. Kick.Ball.step. ¼ cross. ¼ back. Together. Kick. Step. Point.

- 1** Make a ¼ left taking the weight back on right foot.
- 2&3** Kick left forward. Step left beside right. Step right forward.
- 4-5-6** Make ¼ left- crossing left over right. Make ¼ left stepping back right. Step left foot back.
- 7&8** Kick right forward. Step right beside left. Point left to left side.

¼. Kick. Ball. Step. Forward. Cross ¼ . Side. Sailor ¼ right.

- 1** Make a ¼ left taking the weight back on right foot.
- 2&3** Kick left forward. Step left beside right. Step right forward.
- 4-5-6** Step forward left. Make ¼ turn right crossing right over left. Step left to left side.
- 7&8** Sailor ¼ turn right.

Rock back. Recover. Side . Touch. Diagonal forward. Touchx2.

- 1-2** Cross rock left behind right. Recover on right.
- 3-4** Step left to left side. Touch right beside left.
- 5-6** Step right to right diagonal (upper body faces left diagonal) touch left beside right.
- 7-8** Step left to left diagonal (upper body faces right diagonal) touch right beside left.

Dip counts 5 & 7 - attitude!

Ball step. ½ pivot. Cross. Unwind ½. Sweep. Sailor ½ . Side. Dip. Heel drag.

- &1-2** Step right beside left. Step left forward. Make ½ pivot turn right.
- 3-4-5** Cross left over right. Unwind ½ turn right (weight ends left) sweep right foot out.

6&7 Sailor $\frac{1}{2}$ turn right.

8 Take a big step to left as you drag right foot to left with heel on floor & toes raised.

****Restart here on wall 1 - Bring right foot completely to left (weight central) to restart the dance****

Ball. Cross dip. Rise. Cross rock. Recover. $\frac{1}{4}$. $\frac{1}{2}$. $\frac{1}{4}$ Side shuffle.

&1-2 Step right beside left. Cross step left over right as you dip. Step right to side as you raise up.

3-4 Cross left over right as you dip & rock . Recover on right.

5-6 Step left $\frac{1}{4}$ left. $\frac{1}{2}$ turn left stepping back right.

7&8 Make a $\frac{1}{4}$ left as you step left to left. Step right beside left. Step left to left.

Cross. Hold. $\frac{1}{4}$ back. Back. Forward. Press. Hold. Back. Back forward.

1-2 Cross right over left. Hold.

&3-4 Make $\frac{1}{4}$ right stepping back left. Step back right. Step forward left.

5-6 Press right forward. Hold

&7-8 Step back left. Step back right. Step forward left.

Lunge side (with shoulders) Ball cross. Point. $\frac{1}{4}$ Roll. Sit. Back. Walk. Walk.

1-2 Step right to right as you lunge to right - lifting left leg to left

(And rolling shoulders to right ending with right shoulder raised - optional)

&3-4 Step left beside right. Cross right over left. Point left to left.

5-6 Roll hips anti-clockwise making $\frac{1}{4}$ left - sit over right hip - weight on right.

&7-8 Step back on left. Step forward right. Step forward left. ****2nd restart here after holding for 2 counts ****

Cross. Hold. $\frac{1}{4}$ forward. $\frac{1}{4}$ cross. Rock. Recover. Cross. point.

1-2 Cross right over left. Hold.

&3-4 Step left $\frac{1}{4}$ left. Step right to side making $\frac{1}{4}$ left. Cross left over right.

5-6 Rock right to right side. Recover left

7-8 cross step right over left. Touch left to left side.

Restart - wall 7 dance up to count 56 - hold for 2 counts.....start the dance again from count 1.

You will restart the dance facing the back wall.

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=77293