

STRETCH

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** —

Choreographer: Alison Austerberry (May 2019)

Music: Stretch - Louise (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 $\frac{1}{4}$ 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=133303