



STRETCH YOUR LEGS

Chorégraphe : Larry BASS
Description : Celtic Line Dance - 32 comptes - 2 murs
Niveau : Novice
Musique : Dance above the rainbow / Ronan HARDIMAN

Intro : 32 comptes

1-8 KICK & ROMP & STEP ¼ TURN, SAILOR SHUFFLES

1&2 Kick right foot forward, & step right foot back; touch left heel forward
& Step left foot beside right
3-4 Step right foot forward; turn ¼ turn left onto left foot
5&6 Step right foot behind left, step left foot to left, step right foot diagonally forward to right
7&8 Step left foot behind right, step right foot to right, step left foot diagonally forward to left

9-16 SYNCOPATED BEHIND CROSS STEPS, SAILOR SHUFFLE, SAILOR SHUFFLE WITH HEEL TOUCH

9& Cross right foot behind left, step left foot to left
10& Cross right foot behind left, step left foot to left
11& Cross right foot behind left, step left foot to left
12 Cross right foot behind left
13&14 Step left foot behind right, step right foot to right, step left foot diagonally forward to left
15&16 Step right foot behind left, step left foot to left, touch right heel diagonally forward to right

17-24 VAUDEVILLE STEPS, CROSSOVER SHUFFLE, SIDE ROCK, ¼ TURN

&17 Step right foot slightly back, cross left foot over right
&18 Step right foot slightly to right, touch left heel diagonally forward to left
&19 Step left foot slightly back, cross right foot over left
&20 Step left foot slightly to left, touch right heel diagonally forward to right
&21 Step right foot slightly back, cross left foot over right
&22 Step right foot slightly to right, cross left foot over right
23-24 Step right foot to right ; rock onto left foot while turning ¼ turn left

25-32 FORWARD SHUFFLE, STEP PIVOT, TURNING SHUFFLE, ROCK STEP

25&26 Shuffle forward right, left, right
27-28 Step left foot forward; turn ½ turn right onto right foot
29&30 Shuffle left, right, left while turning ½ turn right
31-32 Step right foot back ; rock forward onto left foot

Reprendre en vous amusant ! ! ! ! Soyez « Funny »