

Reach Out

48 count, 1 wall, Intermediate level

Choreographer : Susan Morgan (UK) May 2001

Choreographed to : Out Of Reach by Gabrielle from
Bridget Jones' Diary soundtrack. Bpm:92

SECTION A:

- 1,2 Rock forward right, recover left.
- 3,4 Step back right, kick left forward.
- 5,6 Full turn clockwise (cross left over right and unwind, ending up with weight on left).
- 7&8 Coaster step - right-left-right.
- 9,10 Step left forward, 1/4 turn clockwise (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, 1/4 turn clockwise (leaving weight on left foot).
- 17,18 Rock back right, recover left.
- 19,20 Step right to right side, full turn anti-clockwise and step weight onto left.
- 21,22 Step right forward, step left back.
- 23&24 1 and 1/2 turn clockwise: step right-left-right.
- 25,26 Step left forward, turn 1/2 turn clockwise and step weight onto right.
- 27&28 Lock step forward left-right-left.
- 29,30 Step right forward, 1/2 turn anticlockwise and step weight onto left.
- 31,32 Walk forward right, left.

SECTION A OPTIONAL:

- 1 and 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.

SECTION B:

- 1,2 Step right forward, 1/2 turn anticlockwise and step weight onto left.
- 3&4 Shuffle forward right-left-right.
- 5,6 Step left forward, 1/2 turn clockwise 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).

SEQUENCE OF DANCE:

Count in 16, A,B,A,A,B,A,A,B,A,A.

As you become used to the music, you are able to hear when the sections occur.