

Reach Out

64 Count, 2 Wall, Intermediate

Choreographer: Shaz Walton (UK) Feb 09

Choreographed to: Reach Out by Hilary Duff,

CD: Single

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

The FIRST restart happens AFTER 32 counts on the FIRST wall.

1. 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.

4-6 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.

2. 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.

4-6 Step forward left. Make ¼ turn right crossing right over left. Step left to left side.

7&8 Sailor ¼ turn right.

3. 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!

4. 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.

3-5 Cross left over right. Unwind ½ turn right (weight ends left) sweep right foot out.

6&7 Sailor ½ 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**

5. Ball. Cross Dip. Rise. Cross Rock. Recover. ¼. ½ . ¼ 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 ¼ left. ½ turn left stepping back right.

7&8 Make a ¼ left as you step left to left. Step right beside left. Step left to left.

6. Cross. Hold. ¼ Back. Back. Forward. Press. Hold. Back. Back Forward.

1-2 Cross right over left. Hold.

&3-4 Make ¼ 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.

7. Lunge Side (With Shoulders) Ball Cross. Point. ¼ 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 ¼ 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 **

8. Cross. Hold. ¼ Forward. ¼ Cross. Rock. Recover. Cross. Point.

1-2 Cross right over left. Hold.

&3-4 Step left ¼ left. Step right to side making ¼ 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.