

**Stretch Your Legs**

BEGINNER

32 Count

Choreographed by: Larry Bass

Choreographed to: Bad For Good by Deryl Dodd

**KICK & ROMP & STEP 1/4 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 1/4 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

**SYNCOATED 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

**VAUDEVILLE STEPS; CROSSOVER SHUFFLE, SIDE ROCK, 1/4 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 1/4 turn left

**FORWARD SHUFFLE, STEP PIVOT; TURNING SHUFFLE, ROCK STEP**

- 25 & 26 Shuffle forward right, left, right  
27 - 28 Step left foot forward; turn 1/2 turn right onto right foot  
29 & 30 Shuffle left, right, left while turning 1/2 turn right  
31 - 32 Step right foot back; rock forward onto left foot

**REPEAT**