

REACH OUT (I'LL BE THERE)

Music: Gloria Gaynor
Cd: The Millennium Collection
www.amazon.com/Best-Gloria-Gaynor-Millennium-Collection/dp/B00004YLPX
Track # 3 Time 3:21 Available from choreographer

Rhythm: Cha Cha Phase: IV+3U (Spring Break+Slingshot+Tummy Check)

Footwork : Opposite except where (Noted)

Release Date : Feb 26

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Sequence : INTRO AB AB B(1-8) A B(1-8) B(1-8) END



INTRO

01-02 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ;

03-06 OP BREAK ; WHIP to L-OP LOD ; OPPOSITE X-CHECK & CHANGE SIDES ; START DO-SI-DO ;

{OP Break} Strong bk L (*W strong bk R*) xtndg trl hnd straight up, rec R, sd L/cl R, sd L ; {Whip to L-OP LOD} Bk R trng ¼ LF, rec L, fwd R/lk Lib, fwd R (*W fwd L outsd on M's lft sd, fwd R trng ½ LF, fwd L/ lk Rib, fwd L*) to LOP LOD, - ; {Opp X-Check & Chng Sides} XLif (*W XRif*) w/ bent knee, rec R, Xg bhnd W sd L/cl R, sd L ; {Start Do-Si-Do} Fwd R, L, Xg ifo W sd R/cl L, sd R ;

07-10 FINISH DO-SI-DO ; OPPOSITE X-CHECK to FACE ; KICK to 4 TWICE ; ;

{Finish Do-Si-Do} Bk L, R, Xg bhnd W sd L/cl R, sd L ; {Opp X-Check to Fc} XRif (*W XLif*) w/ bent knee, rec L, sd R/cl L, sd R trng to fc ptr & Bfly ; {Kick to 4 x 2} Swvlg RF on R ft kck L thru twd RLOD, swvlg LF on R ft fold L leg at knee to form figure 4, twd LOD fwd L/lk Rib, fwd L ; Swvlg LF on L ft kck R thru twd LOD, swvlg RF on L ft fold R leg at knee to form figure 4, twd RLOD fwd R/lk Lib, fwd R to BFLY WALL ;

PART A

01-04 DBL HNDHLD BASIC 1/2 ; UNDERARM TURN TO STACKED HANDS ; OP BREAK & CHANGE SIDES/W UNDERARM ; SIDE WALK THREE ;

{Dbl Hndhold Basic 1/2} [Keep both hands] Fwd L, rec R, sd L/cl R, sd L (*W bk R, rec L, sd R/cl L, sd R*), - ; {Underarm Trn to Stacked Hnds} [Raisg both hnds up] XRib, rec L, sd R/cl L, sd R (*W XLif under both hnds trng RF, rec R contg to trn to fc M, sd L/cl R, sd L*) to stacked hnds lft-over-rt, - ; {OP Break & Chng Sides/W Underarm} Strong bk L, rec R, small sd L cont RF to fc ptr, sd R/cl L, sd R (*W strong bk R xtndg stacked hnds fwd, rec L, RF trn under stacked hnds to fc ptr, sd L/cl R, sd L*) to Low Bfly COH ; {Sd Walk 3} [To LOD] Sd R, cl L, sd R/cl L, sd R to BFLY COH ;

05-08 SPRING BREAK ; M ACROSS/W INSIDE TURN ; SLINGSHOT INTO FAN ; ;

{Spring Break} Rk fwd twd Coh L, rec R, XLib/rec R, push off R to lunge sd L to Rlod (*W rk bk R, rec L, fwd R twd M/cl L while swvlg ¼ RF to fc RLOD, push off L to sit bk on R*) to end M fcg COH and W fcg RLOD w/ ld hnds jnd low while lookg at ptr ; {M Across/W Insd Trn to "L" Pos} Fwd R twd Coh Xg ifo W while trng ¼ RF to fc Lod, sd L trng ¼ RF to fc WALL while raisg jnd ld hnds, chasse sd Rlod R/L, R checkg sdwrtd mvt and catchg W in rt arm (*W fwd L to Rlod, fwd R trng ½ LF undr jnd ld hnds, bk L fcg Lod/lk Rif, bk L*) to "L" pos w/ M fcg WALL and W fcg LOD ; {Slingshot Into Fan} Lunge sd L to Lod lookg at ptr, rec R, chasse sd to Lod L/R, L (*W bk & sd R Lod trng hips slightly RF, rec L to fc Lod, fwd R Lod/lk Lib, fwd R*) ; Rk bk R trng hips slightly RF, rec L, ipl R, L, R (*W fwd L to Lod, fwd R trng ½ LF, bk L/lk Rif, bk L*) to Fan Pos M fcg WALL/W fcg RLOD ;

09-10 HOCKEY STICK ; ;

{Hockey Stick} Fwd L, rec R, sip L/R, L (*W cl R, fwd L, fwd R/L, R*) ; Sm bk R, rec L trng 1/8 RF, fwd R/L, R (*W fwd L, fwd R trng sharply 5/8 LF undr jnd ld hnds, bk L/lk R, bk L*) to LOP FCG DRW ;

11-14 REVERSE UNDERARM TURN ; CRAB WALKS ; ; SPOT TURN ;

{Reverse Underarm Trn} [Raisg jnd ld hnds] XLif w/ slight RF bdy trn, rec R, sd L/cl R, sd L (*W full LF trn undr jnd hnds XRif, rec L, fwd & sd R/cl L, sd R*) to BFLY ; {Crab Walks} Twd LOD XRif (*W XLif*), sd L, XRif (*W XLif*) / sd L, XRif (*W XLif*) ; Sd L, XRif (*W XLif*), sd L/cl R, sd L ; {Spot Trn} {Relsg both hnds} XRif (*W XLif*) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to fcg ptr [No Hndhld] ;

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15-16 FULL TURN CHASE M & W ; ;

{Full Trn Chase M & W} Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (*W bk R, rec L, fwd R/lk Lib, fwd R*), -; Bk R, rec L, *fwd R/lk Lib, fwd R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L)* to BFLY WALL ;

PART B

01-04 START CROSS BODY to TUMMY CHECK & BACK w/ rt Hndshk ; ; FINISH CROSS BODY & KEEP rt Hndshk ;

{Start X-Body to Tummy Check & Bk} Fwd L, rec R trng ¼ LF to LOD, sd L/cl R, sd L (*W bk,R, rec L, fwd R/lk Lib, fwd R*) ; [Stop the W w/ ld hnd] Lunge sd R, rec L, ipl R, L, R (*W [Both arms fwd] fwd L, rec R, ipl L, R, L*) ; Lunge sd L, rec R w/ rt hndshk, ipl L, R, L (*W bk R, rec L & rt hndshk, ipl R, L, R*) ; **{Finish X-Body & Keep rt hndshk}** Bk R, rec L trng ¼ LF to fc ptr, sd R/cl L, sd R (*W fwd L comm LF trn, fwd & sd R cont LF trn to WALL, sd L/cl R, sd L*) to rt Hndshk COH, -;

05-09 TRADE PLACES TWICE ; ; TRADE PLACES/W INSIDE UNDERARM TURN ; W OUT to FACE ; RIFF TURN ;

{Trade Places x 2} [In rt hndshk] Rk apt L, rec R relg hnds & trng ¼ RF to fc LOD (*W trn LF*), slide bhd W sd L/cl R reachg lft hnd to W's lft forearm & slidg hnd dwn her arm, sd L trng ¼ RF (*W ¼ LF*) to lft hndshk ; Apt R, rec L relg hnds trng ¼ LF to fc LOD (*W trn RF*), slidg bhd W sd R/cl L reachg rt hand to W's rt forearm & slidg hnd dwn her arm, sd R trn ¼ LF (*W ¼ RF*) to fc COH in rt hndshk ; **{Trade Places/W Insd Undrm Trn}** Apt L, rec R comm to pass R shldr while trng ½ RF to fc WALL, bk L/lk Rib, ipl L (*W apt R, rec L, fwd R spiralg 7/8 LF undr jnd rt hnds/cl L, ipl R fcg WALL*) relsg hnds ; **{W Out to Fc}** Rk apt R, rec L, fwd R/lk Lib, ipl R (*W fwd L twd WALL, fwd R comm LF trn, sd L cont LF trn to fc COH/cl R, ipl L*) to Low Bfly WALL ; **{Riff Trn}** [QQQQ] [Relg trl hnds & raisg jnd ld hnds] sd L, cl R, sd L, cl R (*W sd & fwd R spin RF, cl L compg full trn undr ld hnds, sd & fwd R com RF spin, cl L*) to BFLY WALL ;

ENDING

01 STEP APART & POINT to PARTNER & EXTEND ;

{Step Apt & Pnt to Ptr} Bk L, pnt R to ptr & Extend ld Arm up & out ;