REACH

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Music: “Reach” CD: “The Ultimate Latin Album 14” CD2  Track #15
TIME@MPM 3:02 @ 34.5 (82.4% of CD)  Music shortened to 3:02 and faded out from 2:53.

Footwork: Opposite, directions for man (Lady as noted)
Rhythm & Phase: Jive  Phase V + 1 (Coca Rola) + 1 (Shuffling Door)
Sequence: INTRO A B C INTERLUDE A B C ENDING
Note: 123a45a6 except where noted.  Timing indicates weight changes only.

MEAS:

INTRODUCTION

1-10  WAIT 4 MEAS;;; KICK KICK SAILOR SHUFFLE TWICE;; SLOW COCA ROLA;;

QK COCA ROLA; ROLL 3 & CL TO FC W TCH;

1-4  {Wait 4 Meas} OP/LOD no hnd jnd both L ft free wait 4 meas;;;
--3a4 5-6  {Kick Kick Sailor Shuffle Twice} Kick L XIF, kick L sd, XLIB/sd R, sd L; Kick R XIF, kick R sd, XRIB/sd L, sd R;
--3a4 1-3-1-3- 7-8  {Slow Coca Rola} Swvlg RF on R XLIF, -, swvlg LF on L sd & bk R, -: Swvlg RF on R sd & bk L, -, swvlg LF on L XRIF, -:
1234 9  {Qk Coca Rola} Swvlg RF on R XLIF, swvlg LF on L sd & bk R, swvlg RF on R sd & bk L, swvlg LF on L XRIF;
1234 10  {Roll 3 & Cl to Fc W Tch} Fwd L twd LOD comm trng LF, sd R cont trng to fc ptr & WALL, sd L, cl R joing lead hnds (W fwd L twd LOD comm trng LF, sd R cont trng, sd L cont trng to fc ptr, tch R to L) end LOP-FCG-Pos/WALL;  Now opposite footwork.

PART A

1-8  SHE GO HE GO *Option 1 ~ LINK RK;;;

RF TRNG FALWY ~ FALWY THRWY *Option 2;;; SLOW CHKN WKS 4;;

1-3  {She Go He Go} LOP-FCG-Pos/WALL rk apt L, rec R raising jnd lead hnds, chasse fwd L/R, L leadg W trn LF then trng LF 1/2 on L under jnd lead hnds to fc ptr (W rk apt R, rec L, chasse fwd R/L, R trng LF 1/2 under jnd lead hnds);  Chasse apt R/L, R end LOP-FCG-Pos/COH;
{Link RK} Rk apt L, rec R;  Chasse fwd L/R, L assuming CP, chasse sd R/L, R;
4-6  {RF Trng Falwy} Trng LF to SCP fcg RLOD rk bk L, rec R bk to CP, sd L/cl R, comm trng RF sd & bk L acrs IF of W cont trng to fc WALL (W trng RF to SCP rk bk R, rec L bk to CP, sd R/cl L, sd & fwd R btrn M's ft trng RF to fc COH) end CP/WALL;  Chasse sd R/L, R,
{Falwv Thrwy} Trng LF to SCP rk bk L, rec R bk to CP;  Chasse sd L/R, L trng LF 1/4 releasing trng hnds lead W fwd, chasse sd & slty fbd R/L, R (W chasse sd R/L, R trng LF 1/4, chasse sd & bk L/R, L) end LOP-FCG-Pos/LOD;
--a-- 7-8  {Slow Chkn Wks 4} Bk L part wgt press floor w/ L-ball, /-shift wgt to L, bk R part wgt press floor w/ R-ball, /-shift wgt to R (W swvlg sltly RF on L sd & fwr R w/ outsd edge of toe no wgt chg, /-shift wgt to R, swvlg sltly LF on R sd & fwr L w/ outsd edge of toe no wgt chg, /-shift wgt to L);  Repeat same action end LOP-FCG-Pos/LOD;;

*Option 1

1-1.5  {She Go He Go w/ BHD BK} LOP-FCG-Pos/WALL rk apt L, rec R raising jnd lead hnds, chasse fwd L/R raising trng hnd, L leadg W trn LF under jnd lead hnds and chg to R-R hnd jnd above W's head then trng LF 1/4 on L (W rk apt R, rec L, chasse fwd R/L, R trng LF 1/2 under jnd lead hnds);  Cont trng sd & bk R chg to lead hnds jnd bhd M's back/cont trng to fc ptr sip L, sip R (W chasse apt L/R, L) end LOP-FCG-Pos/COH,

*Option 2

7.5-8  {Falwv Thrwy W Ovtrn & Swvl to Fc} Trng LF to SCP rk bk L, rec R bk to CP;  Chasse sd L/R, L trng LF 1/4 releasing trng hnds lead W fwd, chasse fwr & slty sd R/L, R (W chasse sd R/L, R trng LF 3/4 to fc LOD, chasse fwd L/R, L swvlg RF 1/2 to fc ptr) end LOP-FCG-Pos/LOD;
PART A (continued)

9-16  CHG PLCS L-R ~ STOP & GO *Option 3 ~ LINK TO WHIP TRN TO FC WALL ~ 

1/2-OP RK REC;....; KICK BALL CHG 4 TIMES;;

9-14  (Chg Plcs L-R) LOP-FCG-Pos/LROD rk apt L, rec R raising jnd lead hnds, chasse fwd L/R, L tng RF to fc WALL (W rk apt R, rec L, chasse fwd R/L, R tng LF 3/4 under jnd lead hnds to fc COH); Chasse sd R/L, R end LOP-FCG-Pos/WALL;

123a4 123a4  (Stop & Go) Rk apt L, rec R tng RF 1/4 raising jnd lead hnds; Chasse sd L/R, sd L, XRIF chkg w/ bent R knee lookig at W catchg W w/ R-hnd on W's back, rec L tng LF 1/4 raising jnd lead hnds (W chasse fwd R/L, fwd R tng LF 1/2 under jnd lead hnds, rk bk L flexing L knee free L-hnd extended sd & bk, rec R tng RF 1/2 under jnd lead hnds); Chasse bk R/L, bk R end LOP-FCG-Pos/WALL;

123a4 123a4  (Link to Whip Trn to Fc WALL) Rk apt L, rec R comm tng RF; Cont tng chasse L/R, sd L to fc COH, XRIB cont tng, sd L cont tng to fc WALL (W comm tng RF chasse fwd R/L, R, sd L cont tng, XRIF tng to fc COH); Chasse sd R/L, R end CP/WALL;

12  (1/2-OP RK Rec) Trng LF to 1/2-OP rk bk L, rec R;

-a2-a4 15-16  (Kick Ball Chgs 4 Times) Kick L fwd/take wgt on ball of L, fwd R small step, Kick L fwd/take wgt on ball of L, fwd R small step; Repeat same action end 1/2-OP/LOD;

*Option 3

10.5-11  (Stop & Go W ARM) Rk apt L, rec R tng RF 1/4 releasing jnd lead hnds; Chasse sd L/R, sd L, XRIF chkg w/ bent R knee lookig at W catchg W w/ R-hnd on W's back extended L arm sd, rec L tng LF 1/4 leadg W tm RF w/ R-hnd (W chasse fwd R/L, fwd R tng LF 1/2, rk bk L flexing L knee L-arm to sd & bk R-arm to fwd, rec R tng RF 1/2); Chasse bk R/L, bk R joining lead hnds end LOP-FCG-Pos/WALL,

PART B

1-10  NO RK CHASSE ROLL ~ CHASSE ROLL ~ SCP RK REC;....; 2 FWD TRPLS; SWVL WK 4; SYNC PT STPS 8 TO FC;....

1a23a4 1-4  (No Rk Chasse Roll) 1/2-OP/LOD trng RF to FCG-Pos no hnd sd L/cl R, sd L tng RF 1/2 to BK-5a66  BK no hnd, sd R/cl L, sd R tng RF 1/2 to fc ptr;  Sd L/cl L, sd L tng RF 1/2 end L-1/2-OP/RLOD,

123a4  (Chasse Roll) Rk bk R, rec L tng 1/4 LF to fc ptr no hnd;  Sd R/cl L, sd R tng LF 1/2 to BK-BK 5a67a8  no hnd, sd L/cl R, sd L tng LF 1/2 to fc ptr;  Sd R/cl L, sd R assuming CP/WALL,

12  (SCP RK Rec) Trng LF to SCP rk bk L, rec R end SCP/LOD;

1a23a4  5  (2 Fwd Trpls) Chasse fwd L/R, L, R/L, R;

1234  6  (Swvl Wk 4) Walk 4 leadg and support W/s swvl fwd L, fwd R, fwd L, fwd R (W swvl LF on L fwd R slightly XIF, swvl LF on R fwd L slightly XIF, swvl LF on R fwd R slightly XIF, swvl LF on R fwd L slightly XIF);

--a--a  7-10  (Sync Pt Stps 8 to Fc) Pt fwd L w/ outsd edge of toe, -/shift wgt to L, pt fwd R w/ outsd edge of toe, -/shift wgt to R; Repeat meas 7 2 times;; Pt fwd L w/ outsd edge of toe, -/shift wgt to L, pt fwd R w/ outsd edge of toe, shift wgt to R tng RF to fc ptr joing both hnds end Low-BFLY/WALL;

PART C

1-8  APT REC TOE HEEL X 4 TIMES ~ SD CHASSE;....; X CHK BALL CHG;

THRWY TO LOP/WALL; SHUFFLING DR TO FC ~ Option 4;;

12--  1-4  (Apt Rec Toe Heel X 4 Times) Low-BFLY/WALL rk apt L, rec R, swvlg RF on R tch L-toe to instep of R, swvlg LF on R tch L-heel out to sd;  Swvlg RF on R XIF, swvlg LF on L tch R-toe to instep of L, swvlg RF on L tch R-heel out to sd, swvlg LF on L XRIF;  Swvlg RF on R tch L-toe to instep of R, swvlg LF on R tch L-heel out to sd, swvlg RF on R XIF, swvlg LF on L tch R-toe to instep of L;  Swvlg RF on L tch R-heel out to sd, swvlg LF on L XRIF;

1a2  (Sd Chasse) Chasse sd L/R, assuming Normal-BFLY;

1--a4  5  (X Chk Ball Chg) XRIF chkg w/ bent knee, -. -/take wgt on ball of L, rec R;

1a23a4  6  (Thryw To LOP/WALL) Chasse sd L/R, L releasing tralig hnds lead W fwd, chasse sd R/L, R twd RLOD (W chasse sd R/L, R tng LF 1/2, chasse sd L/R, L twd LOD) end LOP/WALL;

123a4  7-8  (Shuffling Dr to Fc) XLIB, rec R, chasse sd L/R, L twd LOD (W twd RLOD) slidg acrs bhnd W joing tralig hnds to OP;  XRIB, rec L, chasse sd R/L, R twd RLOD (W twd LOD) slidg acrs IF of W joing lead hnds and trng LF (W RF) to LOP-FCG-Pos/LOD;

*Option 4

-a23a4  7-8  (Shuffling Dr w/ Guapacha Timing to Fc) -/XLIB, rec R, chasse sd L/R, L twd LOD (W twd RLOD) slidg acrs bhnd W joing tralig hnds to OP; -/XRIB, rec L, chasse sd R/L, R twd RLOD (W twd LOD) slidg acrs IF of W joing lead hnds and trng LF (W RF) to LOP-FCG-Pos/LOD;
PART C (continued)

9-16 CHG PLCS L-R w/ CONT CHASSE;; SPANISH ARMS TWICE;;; PROG RK;
LINDY CATCH;;

9-10 (Chg Plcs L-R w/ Cont Chasse) LOP-FCG-Pos/LOD rk apt L, rec R raising jnd lead hnds, chasse fwd L/R, L trng RF to fc WALL. (W Rk bk R, rec L, chasse fwd R/L, R trng LF 3/4 under jnd lead hnds to fc COH); Continue sd chasse R/L, R/L, R/L, R joing trail hnds end Low-BFLY/WALL;

11-13 (Spanish Arms Twice) Rk ap L, rec R trng RF 1/4 raisj gnd lead hnds jnd trailg hnds kept at waist level, chasse sd L/R, L trng RF 1/4 to fc RLOD. (W Rk apt R, rec L trng LF 1/4 under jnd lead hnds, chasse sd R/L, R trng RF 3/4 to fc LOD); Chasse sd R/L, R, rk apt L, rec R trn RF 1/4 raisj gnd lead hnds jnd trailg hnds kept waist level. (W chasse sd L/R, L, rk apt R, rec L trng LF 1/4 under jnd lead hnds); Chasse sd L/R, L trng RF 1/4 to fc LOD, chasse sd R/L, R (W chasse sd R/L, R trng RF 3/4, chasse sd L/R, L) end Low-BFLY/WALL;

1234 14 (Prog Rk) Rk apt L, rec R slightly XIF, rk apt L, rec R slightly XIF;
123a4 15-16 (Lindy Catch) Rk apt L, rec R slightly XIF releasing hnds, chasse fwd L/R, L passing W LOD side catching her at waist with R-hnd trng RF 1/2 (W rk apt R, rec L, chasse fwd R/L, R); Fwd R comm trng RF, fwd L cont trng to IF of W & fc ptr, cl R/sip L, sipR. (W bk L, bk R, chasse bk L/R, L) end FCG-Pos no hnd/WALL;

INTERLUDE

1-4 SLOW COCA ROLA;; QK COCA ROLA: ROLL 3 & CL TO FC;

1-3-1-3- 1-2 (Slow Coca Rola) FCG-Pos no hnd/WALL swvlg RF on R XLIF, -, swvlg LF on L sd & bk R, -; Swvlg RF on R sd & bk L, -, swvlg LF on L XRIF, -;

1234 3 (Qk Coca Rola) Swvlg RF on R XLIF, swvlg LF on L sd & bk R, swvlg RF on R sd & bk L, swvlg LF on L XRIF;

1234 4 (Roll 3 & Cl to Fc) Comm trng LF sd & fwd L twd LOD cont trng, sd R cont trng to fc ptr, sd L, cl R joing lead hnds end LOP-FCG-Pos/WALL;

ENDING

1-7 SLOW COCA ROLA;;

QK COCA ROLA; ROLL 3 TCH TO SHDW/LOD W CL *Option 5;

KICK BALL CHG 4 TIMES;; PT & HOLD;

1-3 Repeat meas 1-3 of Interlude;;;

123-4 4 (Roll 3 Tch to SHDW/LOD W Cl) FCG-Pos no hnd/WALL comm trng LF sd & fwd L twd LOD cont trng, sd R cont trng, sd L cont trng to fc LOD, tch R to L. (W comm trng RF sd & fwd R twd LOD cont trng, sd L cont trng, sd R cont trng to fc LOD, cl L) end SHDW/LOD M’s R-hnd place on W’s R-shoulder-blade jnd L-hnds extended sd & fwd W’s R-hnd extend out to sd; Now same footwork.

-4-a2 5-6 (Kick Ball Chgs 4 Times) Kick R fwd/take wgt on ball of R, fwd L small step, Kick R fwd/take wgt on ball of R, fwd L small step; Repeat same action;

1--- 7 (Pt & Hold) Pt fwd R body slightly lean bk head trng RF. (W pt fwd R body slightly lean bk head trng RF extended R-arm up & slightly sd & bk), -, -, -;

*Option 5

4 (Roll 3 Tch to 1/2-OP/LOD W Cl) FCG-Pos no hnd/WALL comm trng LF sd & fwd L twd LOD cont trng, sd R cont trng, sd L cont trng to fc LOD, tch R to L. (W comm trng RF sd & fwd R twd LOD cont trng, sd L cont trng, sd R cont trng to fc LOD, cl L) end 1/2-OP/LOD; Now same footwork.