Count: 64
Wand: 2
Ebene: Intermediate
Choreograf/in: Rep Ghazali (SCO) - January 2017
Musik: Highs \& Lows - Emeli Sandé
\#8 count intro. Music Available on download from iTunes and Amazon
[01-08] R ROCK FWD-RECOVER, \& L ROCK BACK-RECOVER, L FWD-½ PIVOT, L SHUFFLE FWD
1-2 rock forward Right, recover on Left
\&3-4 step Right together, rock back Left, recover Right
5-6
step forward Left, $1 / 2$ pivot turn Right
$7 \& 8$
step forward Left, step Right together, step forward Left (6)
[09-16] R HEEL \& L TOE, L FWD TOUCH-SIDE TOUCH, L SAILOR $1 ⁄ 2$, R ROCK-RECOVER SWEEP
1\&2 touch Right heel forward, step Right together, touch Left toe together
3-4 touch Left toe forward, touch Left toe to Left side
$5 \& 6$ cross Left behind Right, make turn $1 / 2$ Left step Right to Right, step Left to Left (12)
7-8 cross rock Right over Left, recover on Left and sweep on Right from front to back
[17-24] R BEHIND-L SIDE, R CROSS SHUFFLE, $1 / 4$ TURN R HITCH CROSS-SIDE, L CROSS SHUFFLE
1-2 step Right behind Left, step Left to Left side
$3 \& 4$ cross Right over Left, step Left to Left side, cross Right over Left
5-6 $\quad 1 / 4$ turn Right hitch and cross Left over Right, step Right to Right side (3)
7\&8
cross Left over Right, step Right to Right side, cross Left over Right
[25-32] BACK R-BACK L, R COASTER, L FWD-REVERSE ½ PIVOT, L ROCK BACK-RECOVER
1-2 step back Right (Left toe fan out as you step back on Right), step back Left (Right toe fan out as you step back on Left)
3\&4 step back Right, step Left together, step forward Right
5-6 step forward Left, $1 / 2$ turn Left by stepping back on Right (9)
7-8 rock back Left, recover on Right
[33-40] L FWD-R TOUCH, BACK-TOUCH-1⁄4 TURN-TOUCH, R TRIPLE ½ TURN, L BACK-DRAG R
1-2 Left step forward, touch Right together
\& $3 \& 4 \quad$ Right step back, touch Left together, $1 / 4$ turn Left step Left to Left, touch Right together (6)
5\&6 triple $1 / 2$ turn Left by stepping Right-Left-Right (12)
7-8 big step Left, dragging Right towards Left (weight on Left)
[41-48] R KICK BALL SKATE, SKATE R-SKATE L, R FWD-1/4 PIVOT TURN X2
1\&2 kick Right forward, step back Right, skate forward Left
3-4 skate forward Right, skate forward Left
5-6 step forward Right, $1 / 4$ pivot turn Left (9)
7-8 step forward Right, $1 / 4$ pivot turn Left (6)
[49-56] R JAZZ BOX, R STEP SWEEP-L STEP SWEEP, R FWD-1⁄2 TURN
1-4 cross Right over Left, step back Left, step Right to Right side, cross Left over Right
5-6 step forward Right and sweep Left from back to front, step forward Left and sweep Right from back to front
7-8 sted forward Right, $1 / 2$ pivot turn Left (12)
[57-64] R FWD, L KICK BALL CHANGE, L CROSS-R BACK-1⁄2 TURN, FULL SPIRAL-L FWD
1-2\&3 step forward Right, kick Left forward, step back Left, step forward Right
4-6 cross Left over Right, step back Right (stick your bump out), $1 / 2$ turn Left stepping forward Left
(6)

