Grey & Silver

Count: 64

Ebene: Intermediate

Choreograf/in: Rep Ghazali (SCO) - January 2017

Musik: Highs & Lows - Emeli Sandé

	o. Music Available on download from iTunes and Amazon
	DCK 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 78.0	step forward Left, ½ pivot turn Right
7&8	step forward Left, step Right together, step forward Left (6)
	EL & L TOE, L FWD TOUCH-SIDE TOUCH, L SAILOR ½, 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 ½ 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 BE	HIND-L SIDE, R CROSS SHUFFLE, ¼ 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	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] BACI	K 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, ½ turn Left by stepping back on Right (9)
7-8	rock back Left, recover on Right
[33-40] L FW	/D-R TOUCH, BACK-TOUCH-1⁄4 TURN-TOUCH, R TRIPLE 1⁄2 TURN, L BACK-DRAG R
1-2	Left step forward, touch Right together
&3&4	Right step back, touch Left together, ¼ turn Left step Left to Left, touch Right together (6)
5&6	triple ½ turn Left by stepping Right-Left-Right (12)
7-8	big step Left, dragging Right towards Left (weight on Left)
[41-48] R KIO	CK BALL SKATE, SKATE R-SKATE L, R FWD-¼ 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, ¼ pivot turn Left (9)
7-8	step forward Right, ¼ pivot turn Left (6)
[49-56] R JA	ZZ BOX, R STEP SWEEP-L STEP SWEEP, R FWD-½ 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, ½ pivot turn Left (12)
[57-64] R FW	VD, L KICK BALL CHANGE, L CROSS-R BACK-½ TURN, FULL SPIRAL-L FWD
1-2&3	step forward Right, kick Left forward, step back Left, step forward Right
16	areas Loft over Dight, step back Dight (stick your hump out) 1/ turn Loft stepping forward Loft

4-6 cross Left over Right, step back Right (stick your bump out), ½ turn Left stepping forward Left (6)





Wand: 2