

Count: 32 Wand: 2 Ebene: Intermediate

Choreograf/in: Mike Parkinson (WLS)

Musik: High - Lighthouse Family



# ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, 1/4 TURN LEFT

1& Rock forward on right (lifting left slightly), replace left2& Rock backwards on right (lifting left slightly), replace left

3-4 Step forward on right, ¼ turn left on left

# ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, 1/4 TURN LEFT

Rock forward on right (lifting left slightly), replace leftRock backwards on right (lifting left slightly), replace left

7-8 Step forward on right, ¼ turn left on left

#### RIGHT COASTER STEP, STEP BACK LEFT, CROSS-STEP-CROSS (CROSS SHUFFLE)

1&2 Step forward on right, step left next to right, step backwards on right

& Step backwards on left

3&4 Cross step right over left, step left side slightly, cross step right over left

### LEFT COASTER STEP, STEP BACK RIGHT, CROSS-STEP-CROSS (CROSS SHUFFLE)

5&6 Step forward on left, step right next to left, step backwards on left

& Step backwards on right

7&8 Cross step left over right, step right side slightly, cross step left over right

#### RIGHT SIDE SHUFFLE, STEP LEFT BEHIND, UNWIND 1/2 TURN LEFT

1&2 Step right to right side, step left next to right, step right to right side

3-4 Step left behind right, unwind ½ turn left dip as you turn

5&6 Step right to right side, step left next to right, step right to right side

7-8 Step left behind right, unwind ½ turn left dip as you turn

### SYNCOPATED - JUMP OUT & OUT, HOLD & CLAP, JUMP IN & IN, HOLD & CLAP, SYNCOPATED - JUMP OUT & OUT & IN & IN & OUT & OUT & IN & IN

&1 Jump slightly out to th	e right with right, jump slightly out top the left with left
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2 Hold & clap

3 Jump slightly in to the left with right, jump slightly in to the right with left

4 Hold & clap

Jump slightly out to the right with right, jump slightly out to the left with left
Jump slightly in to the left with right, ump slightly in to the right with left
Jump slightly out to the right with right, jump slightly out to the left with left
Jump slightly in to the left with right, ump slightly in to the right with left

### **REPEAT**