|  |  |
| --- | --- |
| Highs and Lows |  |

.

|  |
| --- |
| . |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Amy Glass (USA) - November 2016 |
| **Music:** | Highs & Lows - Emeli Sandé : (iTunes, amazon) |
| . |

**#8 count intro**

**[1-8] Touch & Touch &, Vaudeville, & Cross, Back R with ¼ L, Triple Back**

|  |  |
| --- | --- |
| 1&2& | Touch R toe forward, Step RF next to LF, Touch L toe forward, Step LF next to RF |

|  |  |
| --- | --- |
| 3&4& | Cross RF over LF, Step LF to L, Touch R Heel to R diagonal, Step RF next to LF |

|  |  |
| --- | --- |
| 5-6 | Cross LF over RF, Step RF back while turning ¼ L (9:00) |

|  |  |
| --- | --- |
| 7&8 | L shuffle back (L, R, L) |

**[9-16] Step Back, Touch, & Touch & Heel, & Cross, Back L with ¼ R, ¼ R Chasse**

|  |  |
| --- | --- |
| 1-2 | Step back on RF, Touch L toe forward |

|  |  |
| --- | --- |
| &3&4 | Step LF next to RF, Touch R toe next to LF, Step back on RF, Touch L heel forward |

|  |  |
| --- | --- |
| &5-6 | Step LF next to RF, Cross RF over LF turning ¼ R, Step back on LF turning ¼ R (3:00) |

|  |  |
| --- | --- |
| 7&8 | Step RF to R, Close LF next to RF, Step RF to R |

**[17-24] Cross, Side, Cross, Side, Together, Cross, Side, Cross Shuffle**

|  |  |
| --- | --- |
| 1-2 | Cross LF over RF, Step RF to R |

|  |  |
| --- | --- |
| 3&4 | Cross LF over RF, Step RF to R, Close LF next to RF |

|  |  |
| --- | --- |
| 5-6 | Cross RF over LF, Step LF to L |

|  |  |
| --- | --- |
| 7&8 | Cross RF over LF, Step LF to L, Cross RF over LF |

**[25-32] Walk Back L, R, L Coaster, Step Pivot ½, Step Pivot ¼**

|  |  |
| --- | --- |
| 1-2 | Walk back L, R |

|  |  |
| --- | --- |
| 3&4 | Step back LF, Step RF next to LF, Step forward on LF |

|  |  |
| --- | --- |
| 5-6 | Step forward on RF, Pivot ½ L (9:00) |

|  |  |
| --- | --- |
| 7-8 | Step forward on RF, Pivot ¼ L (6:00) |

**[33-40] Forward, Together, Shuffle Forward, Point Forward, Point Side, Sailor ½ L**

|  |  |
| --- | --- |
| 1-2 | Step forward on RF, Step LF to R instep |

|  |  |
| --- | --- |
| 3&4 | Step forward on RF, Step LF to R instep, Step forward on RF |

|  |  |
| --- | --- |
| 5-6 | Point L toe forward, Point L toe to L side |

|  |  |
| --- | --- |
| 7&8 | Cross LF behind RF, Step RF in place beginning turn ½ L, Finish turn ½ L stepping LF to L (12:00) |

**[41-48] Step R, Touch, Step Touchx2, Side, Behind with Sweep, Behind Side ¼ R**

|  |  |
| --- | --- |
| 1-2 | Step RF to R, Touch LF next to RF |

|  |  |
| --- | --- |
| &3&4 | Step small step to L, Touch RF next to LF, Small step to R, Touch LF next to RF |

|  |  |
| --- | --- |
| 5-6 | Step LF to L, Cross RF behind LF while sweeping LF from front to back |

|  |  |
| --- | --- |
| 7&8 | Step LF behind RF, Step RF to R, Step forward on RF turning ¼ R (3:00) |

**[49-56] Rock, Recover, Toe Strut with ½ R, ¼, ¼, Coaster**

|  |  |
| --- | --- |
| 1-2 | Rock RF forward, Recover weight on LF |

|  |  |
| --- | --- |
| 3-4 | R toe strut turning ½ to R (9:00) |

|  |  |
| --- | --- |
| 5-6 | Turn ¼ R stepping LF to L, ¼ R stepping back on RF (3:00) |

|  |  |
| --- | --- |
| 7&8 | Step Back on LF, Step RF next to LF, Step LF forward |

**[57-64] Step Drag, Ball Step, Point Turning ¼ R, Point, Point, Sailor**

|  |  |
| --- | --- |
| 1-2 | Big step forward with RF, Drag LF next to RF |

|  |  |
| --- | --- |
| &3-4 | Step on ball of LF, Step RF in place, Point LF to L turning ¼ R |

|  |  |
| --- | --- |
| 5-6 | Point LF in front of RF, Point LF to side |

|  |  |
| --- | --- |
| 7&8 | Step LF behind RF, Step RF to R, Step LF to L |

**Have fun!**

**Contact: amyleeanne@gmail.com**