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 $1 / 4 \mathrm{~L}$, 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 $1 / 4 \mathrm{~L}(9: 00)$
7\&8 L shuffle back (L, R, L)
[9-16] Step Back, Touch, \& Touch \& Heel, \& Cross, Back L with $1 / 4$ R, $1 / 4$ 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 $1 / 4 R$, Step back on LF turning $1 / 4 R(3: 00)$
7\&8 Step RF to R, Close LF next to RF, Step RF to R
[17-24] $\square$ 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 $1 / 2$, Step Pivot $1 / 4$
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 $1 / 2 \mathrm{~L}$ (9:00)
7-8 Step forward on RF, Pivot $1 / 4 \mathrm{~L}$ (6:00)
[33-40] CForward , Together, Shuffle Forward, Point Forward, Point Side, Sailor $1 / 2 \mathrm{~L}$
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
$7 \& 8 \quad$ Cross $L F$ behind RF, Step RF in place beginning turn $1 / 2 L$, Finish turn $1 / 2 L$ stepping $L F$ to $L$ (12:00)
[41-48] Step R, Touch, Step Touchx2, Side, Behind with Sweep, Behind Side $1 / 4$ 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 $1 / 4$ R (3:00)
[49-56] Rock, Recover, Toe Strut with $1 / 2$ R, $1 / 4,1 / 4$, Coaster
1-2 Rock RF forward, Recover weight on LF
3-4 $\quad R$ toe strut turning $1 / 2$ to $R(9: 00)$
5-6 Turn $1 / 4 \mathrm{R}$ stepping LF to $\mathrm{L}, 1 / 4 \mathrm{R}$ stepping back on RF (3:00)
7\&8 Step Back on LF, Step RF next to LF, Step LF forward
[57-64] $\square$ Step Drag, Ball Step, Point Turning $1 / 4$ 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 $L F$ to $L$ turning $1 / 4 R$

| 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!
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