High On Life

Count: 32 **Wall:** 4 **Level:** Improver Cha Cha
Choreographer: Trine Haukø Lund (NOR) - January 2019
Music: Living In The Here And Now - Darryl Worley

Intro: 32 counts

Section 1: Side, together, chasse R, cross rock, chasse L

1-2	Step RF to R, step ball of LF next to RF
3&4	Step RF to R, step LF next to RF, step RF to R
5-6	Cross rock LF in front of RF, recover on RF
7&8	Step LF to L, step RF next to LF, step LF to L

Section 2: Cross, sweep 1/4 turn R, lock step fwd, rock fwd, recover, back touch, back touch

1-2	Cross RF in front of LF, turn 1/4 R(3:00) while sweeping LF
3&4	Step LF forward, step ball of RF behind LF, step LF forward
5-6	Rock RF forward, recover on LF
&7&8	Step RF backwards, touch LF slightly in front of RF, step LF backwards, touch RF slightly in front of LF

Restart here in wall 5

Section 3: Rock backw, recover, lock step fwd, pivot 1/2 turn R, lock step fwd

1-2	Rock RF backwards, recover on LF
3&4	Step RF forward, step ball of LF behind RF, step RF forward
5-6	Step LF forward, turn 1/2 R(9:00), recover on RF
7&8	Step LF forward, step ball of RF behind LF, step LF forward

Section 4: Rocking chair, sway hips R-L-R-L

1-2	Rock RF forward, recover on LF
3-4	Rock RF backwards, recover on LF
5-6	Step RF to R, sway hip R, sway hip L
7-8	Sway hip R, sway hip L and touch RF next to LF

Restart in wall 5 after 16 counts, facing 3:00