# Higher

| **Compte:** 32 | **Mur:** 2 | **Niveau:** Beginner line/contra dance |
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**Chorégraphe:** Ron Welters (NL) & Roy Verdonk (NL)

**Musique:** Higher - Gloria Estefan

### OUT-OUT, HOLD, IN-IN, HOLD, SIDE TOGETHER SIDE TOUCH

| &1-2 | Jump slightly forward stepping right foot to right and left foot to left, hold |
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**Arms: while jumping, raise both arms upwards as in "take a breather"**

| &3-4 | Jump both feet back to place, right-left, hold |
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**Arms: while jumping back place hands on buttocks**

| 5-6 | Step left foot to left, close right foot to left foot |
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| 7-8 | Step left foot to left, touch right foot next to left foot & clap |

**Clap with person in front of you when contra dancing**

### SIDE TOGETHER SIDE TOUCH, RIGHT KNEE POP, HOLD, LEFT KNEE POP, HOLD

| 1-2 | Step right foot to right, close left foot to right foot |
| --- | --- |
| 3-4 | Step right foot to right, touch left foot next to right foot & clap |

**Clap with person in front of you when contra dancing**

| &5-6 | Left foot, small step back and pop right knee in, hold |
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| &7-8 | Right foot, small step back and pop left knee in, hold |

### ¼ TURN LEFT, TOGETHER, SIT, HANDS FORWARD, LOOK BACK WITH ARM ROLLS TWICE

| 1-2 | Step left foot 1/8 turn left, step right foot to right completing ¼ turn left |
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| 3 | Close left foot to right foot |

**When dancing contra you should now be face to face with the dancer in front of you and back to back with the dancer behind you**

| 4 | Bend through knees as you would when sitting down, extend both arms forward clapping hands with person in front of you and "bumping" with the person behind you |
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| 5-6 | Turn upper body around to the left (to look back) while rolling arms outwards |
| 7-8 | Repeat 5-6 turning to the right |

### LOOK BACK WITH ARM "PUSH-PULLS" TWICE, ¼ TURN RIGHT X3 TOGETHER

| 1-2 | Turn upper body around to the left (to look back) pushing both arms diagonally left, up & out on the 1st count and pulling arms in towards left hip on 2nd count |
| --- | --- |
| 3-4 | Repeat 1-2 turning to the right with arms to the right |
| 5-6 | Step right foot ¼ right, step forward on left foot turning left foot ¼ turn right |
| 7-8 | Step right foot ¼ turn right, step left foot next to right foot |

### REPEAT