Compte: $32 \quad$ Mur: 4
Niveau: Easy Intermediate
Chorégraphe: Forty Arroyo (USA) - August 2011
Musique: High Heels - Courtney Darwin : (CD: Born To Love)

Sequence: 32, 32, 16 >> RESTART, 32, 32, TAG\#1, 32, TAG\#2, 32, 16... (Ends)
Don't be alarmed by the re-start and tags - the music will guide you.
[1-8] SIDE, ROCK, RECOVER, STEP, BALL, STEP - REPEAT (ends at 12 o'clock)

| $1,2 \&$ | Step side $R$, Rock ball of $L$ behind $R$, Step $R$ in place |
| :--- | :--- |
| $3 \& 4$ | Step forward on $L$ diagonal, Step ball of $R$ behind $L$, Step forward on $L$ diagonal |
| $5-8$ | Repeat |

[9-16] STEP, $1 / 4$ LEFT, $1 ⁄ 4$ RIGHT, $1 ⁄ 2$ LEFT, STEP, ROCK, STEP, ROCK, STEP (ends at 6 o'clock )
1,2 Step forward on R, Pivot $1 / 4$ to $L$ - shifting weight to $L$
3, $4 \quad$ Turn $1 / 4$ to $R$ - stepping $R$ in place, Pivot $1 / 2$ turn to left stepping $L$ in place
5, $6 \quad$ Step forward $R$, Step forward $L$
\&7\&8 Step forward on $R(\&)$, Step $L$ next to $R(3)$, Step back on $R(\&)$, Step $L$ next to $R(4)$
RESTART HAPPENS HERE AT 12 o'clock (after two full rotations)
[17-24] STEP, PUSH AND BUMP, STEP, PUSH AND BUMP (ends at 6 o'clock)
1,2 Step slightly forward on $R$ diagonal - pushing hips forward, Step $L$ in place pushing hips back
3\&4 Bump hips R, L, R (weight on R)
$5,6 \quad$ Step slightly forward on $L$ diagonal- pushing hips forward, Step $R$ in place pushing hips back $7 \& 8 \quad$ Bump hips (in place) $L, R, L$ (weight on $L$ )
[25-32] STEP, CROSS, STEP, SWAY, SHUFFLE, PIVOT $1 / 4$ (ends at 3 o'clock)
1\&2 Step back R diagonal, Cross L over R, Step back R diagonal
3\&4 squaring off to 6 o'clock - Sway hips to L, Sway hips to $R$
5\&6 Step forward on L, Step R next to L, Step forward on L
7, 8 Step forward on R, Pivot $1 / 4$ to $L$ - shifting weight of $L$.
TAG\#1-8 counts - happens at 12'oclock
(1-8) NC2-R SIDE BASIC, L SIDE BASIC
$12 \& \quad$ Step $R$ to side(1), Step L slightly behind $R(2)$, Step $R$ in place - slightly forward and across $L$ (\&)
3, 4\& Step L to side (3) Step R slightly behind L (4), Step L in place - slightly forward and across R (\&)
5, 6\& Step R to side(1), Step L slightly behind R (2), Step R in place - slightly forward and across L (\&)
7, 8\& Step L to side (3) Step R slightly behind L (4), Step L in place - slightly forward and across R (\&)

Tag\#2 - Sway R, L, R, L - happens before and the ONLY time you start the dance at 9 o'clock
Finale: You will be starting the dance at 12 o'clock
Dance up to count 16 (now at 6 o'clock) - then do the following:
1-4 Step forward on R, Pivot $1 / 4 \mathrm{~L}$, Step forward on R, Pivot $1 / 4 \mathrm{~L}$
ENJOY!! Questions? Email forty.arroyo@gmail.com
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