

Chasing Highs

拍数: 64 墙数: 4 级数: Phrased High Improver
编舞者: Pat Stott (UK) - February 2018
音乐: Chasing Highs - ALMA : (Single on iTunes and Apple Music)



Sequence AA BA AA BA AB
Intro: 32 counts (18 seconds)

PART A: 32 counts

A1: Heel grind, close, heel grind, close, rock forward, recover, shuffle back

- 1,2& Grind right heel, step back on left, close right to left
- 3,4&. Grind left heel, step back on right, close left to right
- 5-6. Rock forward on right, recover on left
- 7&8. Back on right, close left to right, back on right

(Alternative steps for heel grinds : cross rock, recover, close, cross rock, recover, close)

A2: Rock back, recover, shuffle forward, 2x 1/8th paddle turns left

- 1-2. Rock back on left, recover on right
- 3&4. Forward on left, close right to left, forward on left
- 5-8. step right forward, turn 1/8th left transferring weight to left - TWICE (Optional hip rolls anti-clockwise)

A3: Cross, side, back, together, heel jack, close, cross, side, back together, heel Jack, close

- 1-2. Cross right over left, left to left
- 3&4&. turn body to right diagonal stepping back on right, close left to right, extend right heel to right diagonal, close right to left
- 5-6. (Square up to 9 o'clock) cross left over right, right to right
- 7&8&. Turn body to left diagonal stepping back on left, close right to left, extend left heel to left diagonal, close left to right

A4: Cross, 1/4 turn right, 1/4 right with chasse to right, syncopated jazz box, step, step

- 1-2. Cross right over left, turn 1/4 right stepping back on left
- 3&4. Turn 1/4 right stepping right to right, close left to right, right to right
- 5-6. Cross left over right, back on right
- &7,8. Step left to left on ball of foot, small step forward on right, step forward on left

Part B : 32 counts

B1: 4 walks forward, 1/4 pivot left, step, ball, step, close

- 1-4. Walk forward - right, left, right, left (Optional pushing hands up - right, left, right, left)
- 5-6. Step forward on right, 1/4 pivot left transferring weight to left
- 7&8&. Step forward on right, close left to right on ball of foot, step forward on right, close left to right

This is danced 4 times, but on the 4th time change steps 5-8& to:

- 5-8. Paddle turn 1/8th left x 2 Step right forward, turn 1/8th left transferring weight to left, right forward, turn 1/8th left transferring weight to left

ENDING: Dance 1-6 of the 4th Part B then cross right over left, turn 1/8th right stepping back on left, turn 1/8th right stomp right to right, pushing both hands upwards and hold (facing 12 o'clock)