

# High

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Mike Parkinson (WLS)  
音乐: High - Lighthouse Family



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## ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, ¼ TURN LEFT

- 1&      Rock forward on right (lifting left slightly), replace left
- 2&      Rock backwards on right (lifting left slightly), replace left
- 3-4      Step forward on right, ¼ turn left on left

## ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, ¼ TURN LEFT

- 5&      Rock forward on right (lifting left slightly), replace left
- 6&      Rock backwards on right (lifting left slightly), replace left
- 7-8      Step forward on right, ¼ turn left on left

## RIGHT COASTER STEP, STEP BACK LEFT, CROSS-STEP-CROSS (CROSS SHUFFLE)

- 1&2      Step forward on right, step left next to right, step backwards on right
- &      Step backwards on left
- 3&4      Cross step right over left, step left side slightly, cross step right over left

## LEFT COASTER STEP, STEP BACK RIGHT, CROSS-STEP-CROSS (CROSS SHUFFLE)

- 5&6      Step forward on left, step right next to left, step backwards on left
- &      Step backwards on right
- 7&8      Cross step left over right, step right side slightly, cross step left over right

## RIGHT SIDE SHUFFLE, STEP LEFT BEHIND, UNWIND ½ TURN LEFT

- 1&2      Step right to right side, step left next to right, step right to right side
- 3-4      Step left behind right, unwind ½ turn left dip as you turn
- 5&6      Step right to right side, step left next to right, step right to right side
- 7-8      Step left behind right, unwind ½ turn left dip as you turn

## SYNCOPATED - JUMP OUT & OUT, HOLD & CLAP, JUMP IN & IN, HOLD & CLAP, SYNCOPATED - JUMP OUT & OUT & IN & IN & OUT & OUT & IN & IN

- &1      Jump slightly out to the right with right, jump slightly out top the left with left
- 2      Hold & clap
- &3      Jump slightly in to the left with right, jump slightly in to the right with left
- 4      Hold & clap
- &5      Jump slightly out to the right with right, jump slightly out to the left with left
- &6      Jump slightly in to the left with right, ump slightly in to the right with left
- &7      Jump slightly out to the right with right, jump slightly out to the left with left
- &8      Jump slightly in to the left with right, ump slightly in to the right with left

**REPEAT**

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