

Higher Ground

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: Higher Ground - UB40



INTRODUCTION - 32 COUNTS FROM START OF VOCALS APPROX 23 SECONDS

ROCK & CROSS, ROCK & CROSS, JAZZ BOX ¼ TURN

1&2 Rock R to R side, recover on L, cross R over L
3&4 Rock L to L side, recover on R, cross L over R
5,6 Cross R over L, step back L
7,8 Step fwd R making ¼ turn R, touch L beside R

RUMBA BOX, ROCKING CHAIR

1&2 Step L to L side, step R beside L, step fwd L
3&4 Step R to R side, step L beside R, step back R
5,6 Rock back on L, recover on R
7,8 Rock fwd on L, recover on R

SHUFFLE ½ TURN, MAMBO, ROCK RECOVER, ¼ TURN WEAWE

1&2 Step fwd L making ¼ turn L, step R beside L, step fwd L making ¼ turn L
3&4 Rock fwd on R, step back on L, step R beside L
5,6 Rock L to L side, recover on R making ¼ turn R
7&8& Cross L behind R, step R to R side, cross L over R, step R to R side

HEEL BALL CROSS, ROCK RECOVER, SAILOR TURN, KICK BALL STEP

1&2 Touch L heel diagonally fwd, step on L, cross R over L
3,4 Rock L to L side, recover on R
5&6 Step L behind R making ¼ turn L, step R to R side, step L fwd
7&8 Kick R fwd, step R beside L, step fwd on L

RESTART

During wall 6 dance up to counts 23&24 (cross L behind R, step R to R side, cross L over R), miss out the & count then restart dance from the beginning.
