High Road



拍数: 64 墙数: 4 级数: Intermediate 编舞者: Val Parry (UK) - May 2011 音乐: High Road - Alexis Jordan: (Single)



INTRO: 16 counts.

Section	1 1077	Box turn	1/ Bac	k rock	1/2
Section	1 — J <i>A77</i>	: Box lum	74 Dac	K rock	1//

1 - 2	Cross Right over Left, Step back on Left
3 - 4	Step Right to right side, Cross Left in front of Right
5 - 6	Turn ¼ left and step back on Right, Rock back on Left

7 - 8 Recover weight forward on Right, Turn 1/2 right and step back on Left 3

Section 2 – Back Rock, Shuffle Forward, Forward Rock Behind turn step

1 - 2	Rock Back on Right, Recover weight forward onto Left
3 & 4	Shuffle Forward stepping forward on Right, Step Left next to Right, Step forward on Right
5 - 6	Forward on Left, Recover weight back onto Right
7 & 8	Cross Left behind Right, Turn ¼ right stepping Right forward, Step forward on Left 6

Section 3 - Out Out In In, Hip Roll

1 - 2	Stomp forward stepping Right out to right side & Left out to left side
3 & 4	Stomp back stepping Right back to centre & Stepping Left next to Right
5 - 8	Touching Right toe slightly forward circle hips anticlockwise full circle twice 6

Section 4 - 1/4 pivot x2, Jazz Box

1 - 2	Step forward on Right, turn 1/4 left taking weight on Left foot
3 - 4	Step forward on Right, turn 1/4 left taking weight on Left foot
5 - 6	Cross right foot over left, Step Left foot back
7 - 8	Step Right foot to right, step Left foot slightly left 12

Section 5 - Cross Rock, Shuffle ¼, Forward Rock, Shuffle ½

1 - 2	Rock Right over Left, Recover weight on Left
3 & 4	Step Right to right side, Step Left next to Right, Turn ¼ right stepping forward on Right
5 - 6	Rock forward on Left, Recover weight on Right
7 & 8	Turn $\frac{1}{4}$ left and step Left to left side, Step Right next to Left, Turn $\frac{1}{4}$ left stepping forward on Left 9

Section 6 – 1/8 paddle x 2, Cross Hold & Cross Side

1 - 2	Touch Right toe forward, push 1/8 left, keeping weight on Left	
3 - 4	Touch Right toe forward, push 1/8 left, keeping weight on Left	
5 - 6	Cross Right over Left, HOLD	
& 7 - 8	Step Left slightly left, Cross Right over Left, Step Left to left side 6	
*** RESTARTS HERE ON WALL 2 (facing 9 o'clock) and WALL 4 (facing 6 o'clock)		

Section 7 - Weave ¼ Mambo forward. Step back, Hold and Back and Back

	Troute 74 Mambe formard, Gtop back, Flora and back and back
1 -2	Cross Right behind Left, Turn 1/4 left stepping forward on Left
3 & 4	Forward on Right, Recover weight back onto Left, Step back on Right
5 - 7	Step back on Left. HOLD with clap
&7 &8	Step Right next to Left, Step back on Left. Step Right next to Left, Step back on Left 3

Section 8 - Back Rock, Shuffle forward, Forward rock, Coaster Step

1 - 2	Rock back on Right, Recover weight forward on Left
3 & 4	Shuffle forward stepping Right forward, Step next to Right, Step Right forward

5 - 6 Rock forward on Left, Recover weight back on Right

7 & 8 Step back on Left, Step Right next to Left, Step forward on Left 3

*** Restarts on Walls 2 & 4 at end of Section 6

Ending ... Dance finishes on Count 8 of section 4 Change counts 5- 8 of section 4 to a quarter Jazz box

5 - 6 Cross right foot over left, Step Left foot back

7 - 8 Turning ¼ right, step Right foot to right, step Left foot next to Right 12

Contact: WEB: http://www.dancers-r-us.co.uk - EMAIL: val@dancers-r-us.co.uk