

High Heels To Fill

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Forty Arroyo (USA) - August 2011
音乐: 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, ¼ LEFT, ¼ RIGHT, ½ LEFT, STEP, ROCK, STEP, ROCK, STEP (ends at 6 o'clock)

1, 2 Step forward on R, Pivot ¼ to L – shifting weight to L
3, 4 Turn ¼ to R – stepping R in place, Pivot ½ turn to left stepping L in place
5, 6 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 Step slightly forward on L diagonal– pushing hips forward, Step R in place pushing hips back
7&8 Bump hips (in place) L, R, L (weight on L)

[25-32] STEP, CROSS, STEP, SWAY, SHUFFLE, PIVOT ¼ (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 ¼ to L – shifting weight of L.

TAG#1 – 8 counts – happens at 12'oclock

(1 - 8) NC2 - R SIDE BASIC, L SIDE BASIC

1 2& 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 ¼ L, Step forward on R, Pivot ¼ L

ENJOY!! Questions? Email forty.arroyo@gmail.com

Revised 8/24

