High (in the sky)



拍数: 128 墙数: 1 级数: Intermediate

编舞者: Stephan Lawson (FR) - July 2014 音乐: High (Radio Edit) - Lighthouse Family



Phrasé: A -B-C -A-B-C Tag - B - C-C-C

No stress - More easier than it looks!

PART A: (64 counts)

[1-8] VINE, SCUFF, JAZZ BOX, TOUCH
1-4 Right vine, Scuff LF
5-8 Jazz Box LF, Touch RF

[9-16] SIDE SHUFFLE, ROCK BACK, SIDE ROCK, ½ STEP TURN

1&2 Right side shuffle3,4 Rock back LF5,6 Left side rock on LF

7,8 Left step forward, right ½ turn

[17-24] SIDE, TOUCH, SIDE, TOUCH, SIDE, HOLD, RECOVER, SIDE, TOUCH

1-4 LF to left side, right touch RF beside, RF to right side, touch LF beside

5-6 LF to left side, Hold

&7-8 Recover RF beside, LF to left side, Touch RF beside

[25-32] SIDE, HOLD, RECOVER, SIDE, TOUCH, ROCKING CHAIR

1-2 RF to right side, Hold

&3-4 Recover LF beside, RF to right side, Touch LF beside

5-8 Rocking chair LF

[33-40] VINE, SCUFF, JAZZ BOX, TOUCH

1-4 Left vine, Scuff RF5-8 Jazz Box RG, Touch LF

[41-48] SIDE SHUFFLE, ROCK BACK, SIDE ROCK, ½ STEP TURN

1&2 Left side shuffle
3-4 Rock back RF
5-6 Right side rock on RF
7-8 RF forward. Left ½ turn

[49-56] SIDE, TOUCH, SIDE, TOUCH, SIDE, HOLD, RECOVER, SIDE, TOUCH

1-4 RF to right side, Touch LF beside, LF to left side, touch RF beside

5-6 RF to right side, Hold

&7-8 Recover LF beside, RF to right side, Touch LF beside

[57-64] SIDE, HOLD, RECOVER, SIDE, TOUCH, ROCKING CHAIR

1-2 LF to left side, Hold

&3-4 Recover RF beside, LF to left side Touch RF beside

5-8 Rocking chair RF

PART B: (32 counts)

[1-8] RIGHT POINT ,LEFT 1/4 TURN FLICK, BACK, HEEL, HOLD, CROSS, HOLD, CROSS

1-2&3-4 Right point forward, Flick RF with left ¼ turn, RF back, Left heel forward, Hold

&5-6 Recover LF beside, Cross RF over LF, Hold

&7&8 Cross and cross RF over LF

[9-16] SIDE ROCK, SAILOR STEP, JAZZ BOX

1-2 Left side rock on LF3&4 Left ¼ turn Sailor step

5-8 Jazz Box RF

[17-32] Dance again last 16 counts (1-16)

PART C: (32 counts)

[1-8] 1/2 MONTEREY TURN SWEEP CROSS, 1/4 MONTEREY TURN, SWEEP CROSS

1-4 Right point to right side, right /2 turn, sweep LF, cross LF over RF
5-8 Right point to right side, right 1/4 turn, sweep LF, cross LF over RF

[9-16] RIGHT ROLLING SHUFFLE VINE, , OUT, OUT, BACK, TOUCH

1-2-3&4 Right rolling vine ,side shuffle

5-8 LF to left diagonal Forward, RF to right diagonal forward, LF back, Touch ½ turn right on RF

(turn your head to the Right side)

[17-24] STEP TURN, STEP, ½ TURN, FORWARD SHUFFLE, CROSS, BACK

1-4 RF forward, left ½ turn, RF forward, right ½ turn (LF back)

5&6 Right ½ turn shuffle on RF7-8 Cross LF over RF, Back RF

[25-32] COASTER STEP, STEP TURN, BUMP, BUMP

1&2 Left Coaster step3-4 RF forward, left ¼ turn

5-8 Bump to right side (x2), Bump to left side (x2)

TAG: (16 counts) You must dance this 8 counts - two times

[1-8] FORWARD ROCK STEP, COASTER STEP, STEP TURN, TOUCH RECOVER (X 2)

1-2 Forward rock step on RF

3&4 Coaster step RF

5-6 LF forward, right ½ turn

7-8 Touch LF to left side, Recover LF beside

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