

# High Time Rolling

拍數: 32      牆數: 4      級數: Phrased Improver  
編舞者: Elke Schadewald (DE) & Jess (DE) - February 2023  
音樂: High Time - Nickelback



**Note:** The dance starts with the lyrics

**Dance Sequence:** 4xA – 2xB – 2xA – 4xB – 2xA – TAG – 2xA – 4xB

It's easier than it looks here!

Dance part A during the verse, dance part B during the chorus.

## Part A (4 wall):

### A1: Side, Together, Chassé, Cross Rock Side, Behind-Side-Cross

- 1-2      Step RF to right side, step LF next to RF
- 3&4      Step RF to right side, step LF next to RF, step RF to right side
- 5&6      Cross LF over RF, take weight back to LF, step LF to the left side
- 7&8      Cross RF behind LF, step LF to left side, cross RF over LF

### A2: Side, Touch, Side, Behind-Side-Cross, Monterey 1/4

- 1&2      Step LF to left side, touch RF next to LF, step RF to right side
- 3&4      Cross LF behind RF, step RF to right side, cross LF over RF
- 5-6      Point right toe to right side, make ¼ turn right, put weight on RF
- 7-8      Point left toe to left side, step LF next to RF

## Part B (2 wall):

### B1: Shuffle forw. r & l, Rumba Box

- 1&2      Step RF forward, step LF next to RF, step RF forward
- 3&4      Step LF forward, step RF next to LF, step LF forward
- 5&6      Step RF to right side, step LF next to RF, step RF back
- 7&8      Step LF to left side, step RF next to LF, step LF forward

### B2: Shuffle forw. r & l, Rocking Chair, Step Turn

- 1&2      Step RF forward, step LF next to RF, step RF forward
- 3&4      Step LF forward, step RF next to LF, step LF forward
- 5&      Step RF forward, take weight back to LF
- 6&      Step RF back, take weight back to LF
- 7-8      Step RF forward, make ½ turn right on both balls of feet, take weight to LF

## Tag at the end of wall 16 – 12:00 o'clock

### Monterey ¼ turn x 2

- 1-2      Point right toe to right side, make ¼ turn right, put weight on RF
- 3-4      Point left toe to left side, step LF next to RF
- 5-6      Point right toe to right side, make ¼ turn right, put weight on RF
- 7-8      Point left toe to left side, step LF next to RF

**Choreographer Address:** Germany, Lower Saxony

**Links:** [Phoenix-Linedancer@web.de](mailto:Phoenix-Linedancer@web.de)