

So High

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Heather Frye (CAN)
音樂: You're Makin' Me High - Toni Braxton



TAP RIGHT SIDE RIGHT, TAP HOME, TAP SIDE RIGHT, STEP SIDE RIGHT, STEP LEFT BEHIND, SIDE RIGHT MAMBO AND CROSS SIDE LEFT MAMBO AND CROSS

- 1-2&3 Touch right to right side, tap right beside left, tap right slightly side right, step onto right a bit further out side right
4 Cross step left behind right
5&6 Rock out side right, recover weight onto left, cross step right over left
7&8 Rock out side left, recover weight onto right, cross step left over right

STEP SIDE RIGHT, LEFT CROSS BEHIND ROCK STEP, STEP SIDE LEFT, RIGHT BEHIND BALL CROSS, UNWIND FULL TURN LEFT, KICK LEFT, STEP LEFT BESIDE RIGHT, TOUCH RIGHT BESIDE LEFT

- 1 Step side right
2&3 Cross rock left behind right, recover forward onto right, step side left
4&5 Cross right behind left, step side left, cross right over left
6 Unwind a full turn (and a bit) to the left taking weight onto right

If you over rotate your turn by 1/8 it makes the next segment a bit easier

- 7&8 Kick left foot to corner, step down onto left beside right, touch right beside left (body will be angled slightly left for these counts)

TAP SIDE RIGHT (TWICE), STEP ONTO RIGHT MAKING A ¼ TURN RIGHT, KICK LEFT STEP TOUCH RIGHT, STEP BACK RIGHT, KICK LEFT FORWARD, LEFT COASTER STEP, STEP FORWARD LEFT

- 1&2 Tap side right, tap side right a bit further out, step onto right making a ¼ turn right
3&4 Kick left forward, step left beside right, touch right behind left
&5 Step back slightly onto right, kick left foot forward
6&7 Step left back, close right to left, step forward onto left
8 Step forward onto right

2 TURN ½ LEFT, TAP LEFT HEEL AND SNAP, TURN BACK ½ RIGHT, TAP RIGHT HEEL AND SNAP, WALK FORWARD RIGHT, LEFT, STEP OUT RIGHT, LEFT, STEP RIGHT IN, CROSS STEP LEFT OVER RIGHT

- 1-2 Pivot ½ left keeping weight on right and popping left knee, tap left heel (no weight) and snap
3-4 Step forward onto ball of left foot and pivot ½ right popping right knee, tap right heel (no weight) and snap
5-6 Walk forward right, left (with attitude)
&7&8 Step out right, left (shoulder width), step in onto right foot, cross step left in front of right

Restart from here on wall 2

TOE STRUT RIGHT, STRUT LEFT IN FRONT OF RIGHT, RIGHT SIDE ROCK AND CROSS, STEP BACK AND TURN ¼ RIGHT, STEP RIGHT FORWARD AND TURN ¼ RIGHT, CROSS LEFT IN FRONT OF RIGHT

- 1-2 Touch right toes side right, drop right heel down (body will be angled slightly to right)
3-4 Cross touch left toes in front of right foot, drop left heel down (body will be angled slightly to right)
5&6 Rock out to right side, recover weight onto left, cross step right in front of left
7&8 Step back onto left making a ¼ turn right, step forward onto right making a ¼ turn right, cross step left in front of right

TOE STRUT RIGHT, STRUT LEFT IN FRONT OF RIGHT, RIGHT SIDE ROCK AND CROSS, STEP BACK AND TURN ¼ RIGHT, STEP RIGHT FORWARD AND TURN ¼ RIGHT, CROSS LEFT IN FRONT OF RIGHT

- 1-2 Touch right toes side right, drop right heel down (body will be angled slightly to right)
- 3-4 Cross touch left toes in front of right foot, drop left heel down (body will be angled slightly to right)
- 5&6 Rock out to right side, recover weight onto left, cross step right in front of left
- 7&8 Step back onto left making a ¼ turn right, step forward onto right making a ¼ turn right, cross step left in front of right

STEP RIGHT, BUMP & SNAP, STEP LEFT BUMP & SNAP, RIGHT KICK BALL CHANGE, RIGHT SYNCOPATED JAZZ BOX

- 1-2 Step side right, bump right hip to the right and snap fingers (whichever hand feels natural)
- 3-4 Step side left, bump left hip to the left and snap fingers (whichever hand feels natural)
- 5&6 Kick right foot forward, rock back onto ball of right foot, step left in place
- 7&8 Cross right foot over left, step back slightly onto left, step right foot side right

LEFT CHASE TURN, RIGHT CHASE TURN, STEP TURN RIGHT, WALK FORWARD RIGHT, LEFT

- 1&2 Step forward left, turn ½ right onto right foot, step forward onto left
- 3&4 Step forward right, turn ½ left onto left foot, step forward onto right
- 5-6 Step forward left, turn ½ turn right keeping weight back on left foot popping right knee and snap fingers (whichever hand feels natural)
- 7-8 Walk forward right, left (with attitude)

REPEAT

RESTART

Restart the dance after the first 32 counts of the dance during the second rotation. You will be facing the wall where you first began the dance.
