

# Higher

拍數: 32      牆數: 2      級數: Beginner line/contra dance  
編舞者: Ron Welters (NL) & Roy Verdonk (NL)  
音樂: Higher - Gloria Estefan



## OUT-OUT, HOLD, IN-IN, HOLD, SIDE TOGETHER SIDE TOUCH

&1-2      Jump slightly forward stepping right foot to right and left foot to left, hold

**Arms: while jumping, raise both arms upwards as in "take a breather"**

&3-4      Jump both feet back to place, right-left, hold

**Arms: while jumping back place hands on buttocks**

5-6      Step left foot to left, close right foot to left foot

7-8      Step left foot to left, touch right foot next to left foot & clap

**Clap with person in front of you when contra dancing**

## SIDE TOGETHER SIDE TOUCH, RIGHT KNEE POP, HOLD, LEFT KNEE POP, HOLD

1-2      Step right foot to right, close left foot to right foot

3-4      Step right foot to right, touch left foot next to right foot & clap

**Clap with person in front of you when contra dancing**

&5-6      Left foot, small step back and pop right knee in, hold

&7-8      Right foot, small step back and pop left knee in, hold

## ¼ TURN LEFT, TOGETHER, SIT, HANDS FORWARD, LOOK BACK WITH ARM ROLLS TWICE

1-2      Step left foot 1/8 turn left, step right foot to right completing ¼ turn left

3      Close left foot to right foot

**When dancing contra you should now be face to face with the dancer in front of you and back to back with the dancer behind you**

4      Bend through knees as you would when sitting down, extend both arms forward clapping hands with person in front of you and "bumping" with the person behind you

5-6      Turn upper body around to the left (to look back) while rolling arms outwards

7-8      Repeat 5-6 turning to the right

## LOOK BACK WITH ARM "PUSH-PULLS" TWICE, ¼ TURN RIGHT X3 TOGETHER

1-2      Turn upper body around to the left (to look back) pushing both arms diagonally left, up & out on the 1st count and pulling arms in towards left hip on 2nd count

3-4      Repeat 1-2 turning to the right with arms to the right

5-6      Step right foot ¼ right, step forward on left foot turning left foot ¼ turn right

7-8      Step right foot ¼ turn right, step left foot next to right foot

**REPEAT**