

High On Life

Count: 32

Wand: 4

Ebene: Improver Cha Cha

Choreograf/in: Trine Haukø Lund (NOR) - January 2019

Musik: Living In The Here And Now - Darryl Worley



Intro: 32 counts

Section 1: Side, together, chasse R, cross rock, chasse L

- 1-2 Step RF to R, step ball of LF next to RF
- 3&4 Step RF to R, step LF next to RF, step RF to R
- 5-6 Cross rock LF in front of RF, recover on RF
- 7&8 Step LF to L, step RF next to LF, step LF to L

Section 2: Cross, sweep 1/4 turn R, lock step fwd, rock fwd, recover, back touch, back touch

- 1-2 Cross RF in front of LF, turn 1/4 R(3:00) while sweeping LF
- 3&4 Step LF forward, step ball of RF behind LF, step LF forward
- 5-6 Rock RF forward, recover on LF
- &7&8 Step RF backwards, touch LF slightly in front of RF, step LF backwards, touch RF slightly in front of LF

Restart here in wall 5

Section 3: Rock backw, recover, lock step fwd, pivot 1/2 turn R, lock step fwd

- 1-2 Rock RF backwards, recover on LF
- 3&4 Step RF forward, step ball of LF behind RF, step RF forward
- 5-6 Step LF forward, turn 1/2 R(9:00), recover on RF
- 7&8 Step LF forward, step ball of RF behind LF, step LF forward

Section 4: Rocking chair, sway hips R-L-R-L

- 1-2 Rock RF forward, recover on LF
- 3-4 Rock RF backwards, recover on LF
- 5-6 Step RF to R, sway hip R, sway hip L
- 7-8 Sway hip R, sway hip L and touch RF next to LF

Restart in wall 5 after 16 counts, facing 3:00
