

Highs & Lows

Count: 32

Wand: 4

Ebene: Phrased Easy Improver

Choreograf/in: Marianne Langagne (FR) - 25 August 2024

Musik: Highs & Lows - Matt Cooper



Intro : 16 Counts (Start a beat before the lyrics)

Sequences : A - A - B - B - A - A - B - B - A - B - B - B - B

PART A

[1 – 8] WALK R – L, ROCK STEP, SIDE ROCK, STEP LOCK STEP, STEP ½ TURN R, STEP

- 1 – 2 RF Fwd, LF Fwd
- 3 & RF Fwd, Recover on LF
- 4 & RF to the R, Recover on LF
- 5 & 6 RF Fwd, Cross LF behind RF, RF Fwd
- 7 & LF Fwd, ½ Turn R (weight on RF) (6.00)
- 8 LF Fwd

[9 – 16] STEP LOCK STEP, SIDE ROCK CROSS, MONTEREY ¼ TURN R , SWIVEL TO L, SWIVEL TO R

- 1 & 2 RF Fwd, Cross LF behind RF, RF Fwd
- 3 & 4 LF to the L, Recover on RF, Cross LF over RF (weight on LF)
- 5 & 6 R Point to the R, Together with pivot 1/4 turn R on ball L, L Point to the L (9.00)
- & Together
- 7 – 8 Pivot 2 heels to the L, Pivot 2 heels to the R (weight on LF)

PART B

[1 – 8] K STEP, HEEL SWITCHES, HEEL FAN R – L

- 1 & RF Diagonally Fwd R, Touche LF next to RF
- 2 & LF Diagonally L Back, Touch RF next to LF
- 3 & RF Diagonally Back R, Touch LF next to RF
- 4 & LF Diagonally Fwd L, Touch RF next to LF
- 5 & 6 R Heel Fwd, Together, L Heel Fwd
- & Together (weight on LF)
- 7 & R Heel to the R, Return to Center (weight on RF)
- 8 & L Heel to the L, Return to Center (weight on LF)

[9 – 16] BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP, BOUNCE x 2 ¼ TURN R, POINT FWD SWITCHES

- 1 & RF Back, Kick LF
- 2 & LF Back, Kick RF
- 3 & 4 RF Back, Together, RF Fwd
- & Scuff LF back to Front
- 5 & 6 LF Fwd, Bounce Twice with pivot ¼ Turn R (Weight on LF)
- 7 & R Point Fwd, Together
- 8 & L Point Fwd, Together

Dance & have fun !!!!

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