

Highs & Lows AB

COPPER **NOB**
STEPSHEETS

Count: 32

Wand: 4

Ebene: Absolute Beginner

Choreograf/in: Marianna Timmons (USA) - November 2024

Musik: Highs & Lows - Matt Cooper



Music option: Feel free to try this dance to other music.

#16 count intro. Start a hair before the lyrics. Weight is on your left foot.
No Tags. No Restarts.

[1-8] Kick, out, out, in (L&R) (easier option: kick, stomp, stomp, stomp)

- 1-2 Kick right forward, step right to right side
- 3-4 Step left out to left side, step right in
- 5-6 Kick left forward, step left to left side
- 7-8 Step right out to right side, step left in

[9-16] Toe struts forward

- 1-2 Touch right toe forward, step on right foot
- 3-4 Touch left toe forward, step on left foot
- 5-6 Touch right toe forward, step on right foot
- 7-8 Touch left toe forward, step on left foot

[17-24] Basics (Side, together, side, touch) right and left (with ¼ turn left)

- 1-2 Step right to right side, step left beside right
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left to left side, step right beside left
- 7-8 Step left forward turning ¼ to left, scuff right forward 9:00

[25-32] Stomp, swivels right and left

- 1-2 Stomp right to right forward diagonal, swivel left heel toward right foot
- 3-4 Swivel left toe toward right foot, swivel left heel toward right foot
- 5-6 Stomp left to left forward diagonal, swivel right heel toward left foot
- 7-8 Swivel right toe toward left foot, swivel right heel toward left foot

Begin again.

Contact: mariannatimmons@gmail.com