High Heels (and Jesus)



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Rachel Bonhall (USA), Colleen Grant (USA) & Tommy G. Parker (USA) -

February 2025

Musik: High Heels - Party Down Under - Flo Rida, Walker Hayes & Sam Feldt



ONE TAG/RESTART (16 counts into the 5th WALL)

#32 COUNT INTRO (dance starts on lyric, "My life is like...")

[1-8]: (12:00) < RF STEP-PIVOT (left). SEXY WALK x2 (RL). MAMBO. TOUCH BEHIND. PIVOT ½ TURN > (3:00)

1, 2 RF step-pivot ¼ turn (left, ccw) [1], stepping onto LF [2]—9	1, 2	RF Step-pivot ¼ turn (lett, ccw) [1], s	stepping onto LF 121—9:U
---	------	---	--------------------------

3, 4 RF step/sexy walk [3], LF step/sexy walk [4]—9:00

5, 6 RF Mambo step forward [5], RF hop back next to LF [6]—9:00

7, 8 LF toe-touch behind [7], pivot ½ turn (left, ccw) shifting weight onto LF [8]—9:00

[9-16]: (9:00) < PONY STEP x2. RF ROCK-AND-CROSS/UNWIND ¾ TURN (left, ccw). LF KICK. COASTER STEP > (6:00)

1, 2	RF pony step (left knee pop) [1], LF pony step (right knee p	9:00 (aoc

3&4 RF rock side right [3], recover weight back onto LF [&], RF cross-step in front of LF [4]—9:00

5, 6 Unwind legs \(^3\) turn (left, ccw) [5], LF kick forward [6]—6:00

7&8 LF step back [7], RF step next to LF [&], LF step forward [8]—6:00

[17 – 24]: (6:00) < SLIDE right, HITCH, SHUFFLE. SLIDE left HITCH, SHUFFLE > (6:00)

1, 2 RF slide forward [1], pop right knee into a hitch [2]—6:00

3&4 RF brush-step forward [3], LF step next to RF [&], RF brush-step forward [4]—6:00

5, 6 LF slide forward [5], pop left knee into a hitch [6]—6:00

7&8 LF brush-step forward [7], RF step next to RF [&], LF brush-step forward [8]—6:00

[25-32]: (6:00) < (DIAGONAL/CORNER TO CORNER) ROCK/RECOVER. SHUFFLE $\frac{3}{4}$ TURN (right, cw). RF CROSS-HOP behind LF/UNWIND (right, cw). SHUFFLE (LRL) > (9:00)

1. 2		recover weight back onto LF [2]—3:00	•
1 7	PE Cross_rock in front of LE 111	recover weight back onto LE LAL 3:11	1
1. 4	1	16COVEL WEIGHT DACK OHTO ET 121-3.00	,

3&4 Heading in a diagonal direction (corner to corner), RF step right with ¼ turn (right, cw) [3], LF

step next to RF with another 1/4 turn (right, cw) [&], LF step next to RF with another 1/4 turn

(right, cw) [4]—along the diagonal

5, 6 LF side-steps left [5], RF cross-hops behind LF [&], unwind legs \(^3\)4 turn (right, cw) [6]—along

the diagonal

7&8 RF steps forward (toward the opposite corner) [7], LF steps next to RF [&], RF steps forward

into corner [8]-9:00

START AGAIN, squaring up as you immediately PIVOT ¼ turn (left, ccw) into the first 1st step of the 1st 8 counts.

OR

TAG/RESTART (8 COUNTS)

After the 1st 16 counts into the 5TH WALL (after the COASTER STEP; following lyrics "And they don't got a clue").

[1-16] RF CROSS in front of LF. HOLD. As you do a SLOW UNWIND ½ TURN (left, ccw) shrug shoulders with hands in the air on lyric "Aaaaayyy."

1,2,3,4 Cross RF in front of LF [1], Hold [2,3,4]

5,6,7,8 When lyrics say "Aaaaayyy," shrug shoulders, toss hands in the air (palms upward), and

SLOWLY UNWIND legs ½ turn (left, ccw) [5,6,7,8...].

[...1,2] RESTART, as you immediately PIVOT ¼ turn (left, ccw) into the first 1st step of the 1st 8 counts.

Contact: Tommy G. Parker