

# Highs and Lows

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Amy Glass (USA) - November 2016

Music: Highs & Lows - Emeli Sandé : (iTunes, amazon)



## #8 count intro

### [1-8] □ Touch & Touch &, Vaudeville, & Cross, Back R with ¼ L, Triple Back

- 1&2& Touch R toe forward, Step RF next to LF, Touch L toe forward, Step LF next to RF  
3&4& Cross RF over LF, Step LF to L, Touch R Heel to R diagonal, Step RF next to LF  
5-6 Cross LF over RF, Step RF back while turning ¼ L (9:00)  
7&8 L shuffle back (L, R, L)

### [9-16] □ Step Back, Touch, & Touch & Heel, & Cross, Back L with ¼ R, ¼ R Chasse

- 1-2 Step back on RF, Touch L toe forward  
&3&4 Step LF next to RF, Touch R toe next to LF, Step back on RF, Touch L heel forward  
&5-6 Step LF next to RF, Cross RF over LF turning ¼ R, Step back on LF turning ¼ R (3:00)  
7&8 Step RF to R, Close LF next to RF, Step RF to R

### [17-24] □ Cross, Side, Cross, Side, Together, Cross, Side, Cross Shuffle

- 1-2 Cross LF over RF, Step RF to R  
3&4 Cross LF over RF, Step RF to R, Close LF next to RF  
5-6 Cross RF over LF, Step LF to L  
7&8 Cross RF over LF, Step LF to L, Cross RF over LF

### [25-32] □ Walk Back L, R, L Coaster, Step Pivot ½, Step Pivot ¼

- 1-2 Walk back L, R  
3&4 Step back LF, Step RF next to LF, Step forward on LF  
5-6 Step forward on RF, Pivot ½ L (9:00)  
7-8 Step forward on RF, Pivot ¼ L (6:00)

### [33-40] □ Forward, Together, Shuffle Forward, Point Forward, Point Side, Sailor ½ L

- 1-2 Step forward on RF, Step LF to R instep  
3&4 Step forward on RF, Step LF to R instep, Step forward on RF  
5-6 Point L toe forward, Point L toe to L side  
7&8 Cross LF behind RF, Step RF in place beginning turn ½ L, Finish turn ½ L stepping LF to L (12:00)

### [41-48] □ Step R, Touch, Step Touchx2, Side, Behind with Sweep, Behind Side ¼ R

- 1-2 Step RF to R, Touch LF next to RF  
&3&4 Step small step to L, Touch RF next to LF, Small step to R, Touch LF next to RF  
5-6 Step LF to L, Cross RF behind LF while sweeping LF from front to back  
7&8 Step LF behind RF, Step RF to R, Step forward on RF turning ¼ R (3:00)

### [49-56] □ Rock, Recover, Toe Strut with ½ R, ¼, ¼, Coaster

- 1-2 Rock RF forward, Recover weight on LF  
3-4 R toe strut turning ½ to R (9:00)  
5-6 Turn ¼ R stepping LF to L, ¼ R stepping back on RF (3:00)  
7&8 Step Back on LF, Step RF next to LF, Step LF forward

### [57-64] □ Step Drag, Ball Step, Point Turning ¼ R, Point, Point, Sailor

- 1-2 Big step forward with RF, Drag LF next to RF  
&3-4 Step on ball of LF, Step RF in place, Point LF to L turning ¼ R

5-6 Point LF in front of RF, Point LF to side  
7&8 Step LF behind RF, Step RF to R, Step LF to L

**Have fun!**

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