

Highs & Lows

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Anne Herd (AUS) & Travis Taylor (AUS) - December 2017

Music: Highs & Lows - Emeli Sandé : (CD: Long Live the Angels - Deluxe - iTunes - 3:14)



Intro: Start eight beats in weight on left

S1: CROSS SIDE SAILOR HEEL & CROSS, SIDE, SAILOR 1/4 L

1-2 Cross R over L, Step L to L side
3&4& Step R behind L, Step L to L side, Touch R heel on R, Step R together
5-6 Cross L over R, Step R to R side
7&8 Step L behind R, Step R to R side, 1/4 L Step L fwd. - 9:00

S2: 1/4 R SIDE DRAG, BEHIND SIDE CROSS, SIDE TOUCH, & TOUCH, BALL CROSS

1-2 1/4 L Long Step R to R side whilst dragging L, Hold but continue the drag
3&4 Step L behind R, Step R to R side, Cross L over R
5-6 Step R to R side, Touch L next to R
&7 Step L to L side, Touch R next to L
&8 Step R to R side, Cross L over R - 6:00

S3: 1/4 TURN, SIDE ROCK, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD

1-2 Rock R to R side, Recover to L whilst turning 1/4 L
3&4 Shuffle fwd. RLR
5-6 Turn 1/2 R stepping back on L, Turn further 1/2 R, stepping fwd. on R
7&8 Shuffle fwd. stepping LRL - 3:00

S4: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, HEEL, & HEEL, & PIVOT 1/4 L

1-2& Press/rock R forward with slight upper body roll, Recover L, Step R beside L
3-4& Press/rock L forward with slight upper body roll, Recover R, Step L beside R
5&6& Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R
7-8 Step R fwd. 1/4 L Pivot weight on L - 12:00

S5: CROSS BACK, BACK LOCK BACK, ROCK BACK/REPLACE, LOCK SHUFFLE FWD

1-2 Cross R over L, Step back on L popping R knee fwd.
3&4 Step R back, Lock L over R, Step back on R
5-6 Rock back on L popping R knee fwd. Replace weight on R dropping R heel
7&8 Step L fwd. Lock R behind L, Step L fwd.

S6: STOMP, HOLD, STOMP HOLD, & TOUCH & TOUCH & CROSS SHUFFLE

1-2 Stomp R to side, Hold
3-4& Stomp L to side, Hold, Step R beside L
5&6 Touch L slightly in front of R, Step L beside R, Touch R slightly in front of L
&7&8 Step R beside L, Cross shuffle L over R

S7: 1/4 L BACK SWEEP, BEHIND SIDE CROSS □X 2

1-2 1/4 L Step R back whilst sweeping L around for 2 Counts
3&4 Step L behind R, Step R to R side, Cross
5-6 1/4 L Step R back whilst sweeping L around for 2 Counts
7&8 Step L behind R, Step R to R side, Cross

S8: (ROCK & ROLL) ROCK FORWARD, 1/2 TURN R, 1/2 TURN R, ROCK BACK, KICKBALL STEP

1-2-3-4 Rock R fwd. Recover to L, Turn 1/2 R, stepping fwd. on R, Turn further 1/2 R stepping back on L

5-6-7&8 Rock back on R, Recover to L, Kick R fwd. Step R beside L, Step fwd. on L

Restart: On wall 3, dance to count 32 and Restart dance

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