

Chasing Highs

Count: 64

Wall: 4

Level: Phrased High Improver

Choreographer: Pat Stott (UK) - February 2018

Music: Chasing Highs - ALMA : (Single on iTunes and Apple Music)



Sequence AA BA AA BA AB

Intro: 32 counts (18 seconds)

PART A: 32 counts

A1: Heel grind, close, heel grind, close, rock forward, recover, shuffle back

1,2& Grind right heel, step back on left, close right to left

3,4& Grind left heel, step back on right, close left to right

5-6. Rock forward on right, recover on left

7&8. Back on right, close left to right, back on right

(Alternative steps for heel grinds : cross rock, recover, close, cross rock, recover, close)

A2: Rock back, recover, shuffle forward, 2x 1/8th paddle turns left

1-2. Rock back on left, recover on right

3&4. Forward on left, close right to left, forward on left

5-8. step right forward, turn 1/8th left transferring weight to left - TWICE (Optional hip rolls anti-clockwise)

A3: Cross, side, back, together, heel jack, close, cross, side, back together, heel Jack, close

1-2. Cross right over left, left to left

3&4&. turn body to right diagonal stepping back on right, close left to right, extend right heel to right diagonal, close right to left

5-6. (Square up to 9 o'clock) cross left over right, right to right

7&8&. Turn body to left diagonal stepping back on left, close right to left, extend left heel to left diagonal, close left to right

A4: Cross, 1/4 turn right, 1/4 right with chasse to right, syncopated jazz box, step, step

1-2. Cross right over left, turn 1/4 right stepping back on left

3&4. Turn 1/4 right stepping right to right, close left to right, right to right

5-6. Cross left over right, back on right

&7,8. Step left to left on ball of foot, small step forward on right, step forward on left

Part B : 32 counts

B1: 4 walks forward, 1/4 pivot left, step, ball, step, close

1-4. Walk forward - right, left, right, left (Optional pushing hands up - right, left, right, left)

5-6. Step forward on right, 1/4 pivot left transferring weight to left

7&8&. Step forward on right, close left to right on ball of foot, step forward on right, close left to right

This is danced 4 times, but on the 4th time change steps 5-8& to:

5-8. Paddle turn 1/8th left x 2 Step right forward, turn 1/8th left transferring weight to left, right forward, turn 1/8th left transferring weight to left

ENDING: Dance 1-6 of the 4th Part B then cross right over left, turn 1/8th right stepping back on left, turn 1/8th right stomp right to right, pushing both hands upwards and hold (facing 12 o'clock)