

On a High

Count: 32

Wall: 4

Level: Beginner

Choreographer: Rika Djamhari (INA) - April 2022

Music: On a High - Duncan Sheik



Intro: 32 Counts - No tag, no restart

S1. SIDE ROCK - SYNCOPATED WEAVE - SIDE ROCK - COASTER STEP

- 1-2. Rock R to side, recover on L
- 3&4. Cross R behind L, step L to side, cross R over L
- 5-6. Rock L to side, recover on R
- 7&8. Step L back, step R together, step L forward

S2. 1/4 TURN JAZZ BOX - FORWARD - TOUCH - TOUCH - FORWARD SHUFFLE

- 1-2. Cross R over L, 1/4 turn to right and step L back (03:00)
- 3-4. Step R to side, step L forward
- 5-6. Touch R forward, touch R to side
- 7&8. Step R forward, step L together, step R forward

S3. FORWARD ROCK - BACKWARD - TOUCH - R ROLLING VINE - TOUCH

- 1-2. Rock L forward, recover on R
- 3-4. Step L back, touch R beside L
- 5-6. 1/4 turn right and step R forward, 1/2 turn to right and step L back
- 7-8. 1/4 turn to right and step R to side, touch L next to R

S4. TURN FORWARD - SWEEP - CROSS OVER - SIDE - TURN SIDE - 1/2 MONTEREY TURN

- 1-2. 1/4 turn to left and step L forward, sweep R from back to front (12:00)
- 3-4. Cross R over L, step L to side
- 5-6. 1/4 turn to right and step R to side, touch L to side (03:00)
- 7-8. 1/2 turn to left and step L next to R, touch R to side (09:00)

Start again

Enjoy the dance!

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