

You Get High

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Rebecca Lee (MY) - September 2023

Music: Side Effects - Sophia Scott



Intro: 8 Count

Note: RESTART at Wall 3 after 4 counts recover R (4) Step L next to R (&) (6:00)

[1 – 8] ½ TURN SWEEP, BEHIND SIDE ROCK, SIDE FULL TURN SPIRAL, RUN RUN, ROCK

- 1&2 Step R forward ½ turn L sweep L front to back (1), Step L behind R (2), Step R to R (&) 6:00
3&4 Rock L to diagonal R (3) Recover R (4) Step L To L diagonal (&) 7:30
5&6 Step R forward full turn L (5) Run L (6) Run R (&) 4.30
7&8 Rock L forward (7) Recover R (8) Step L beside R (&) 4:30

[9 – 16] 5/8 RUNAROUND ,SWEEP,CROSS SIDE ROCK BACK, SIDE ROCK BACK

- 1&2& 1/8 turn R Step R forward (1) 1/8 turn R Step L behind R (&) 1/8 turn R Step R forward (2)
1/8 turn R Step L behind R (&) 12:00
3 4&5 1/8 turn R Step R while sweep L back to front (3), Cross L over R (4) Step R to R (&) Rock L
behind R (5) 10:30
6&7 Recover R (6) Step L to L (&) Rock R behind L (7) 1:30
8 Recover L (8) 1:30

[17 – 24] ½ PIVOT, ½ PIVOT, RUN R,L, STEP, HITCH, COASTER STEP, ½ LUNGE

- 1&2& Step R forward (1) ½ Turn L, (&) Step R forward (2) ½ turn L (&) 1:30
3&4 Step R forward (3) Step L forward (&) Step R forward hitch L (4) 1:30
5&6 Step L back (5) Step R next to L (6) Step L forward (&) 1:30
7-8 ¼ turn L while lunge R forward (7) ½ turn L recover L (8) 4:30

[25 – 32] SWAY , SWAY DRAG, SIDE ROCK BACK , FORWARD PREP FULL TURN

- 1-2 1/8 turn L Step R to R side (reach arm to R side 3 o'clock) (1) Recover L (Bring the arm to
12 o'clock) (2) 6:00
3&4 Drag R to L (3&4) arm from 12 o'clock, sway the palm L R to the chest 6:00
5&6 Step R to R (5) Rock L back (6) Recover R (&) 6:00
7&8 Step L forward (as you prep to turn) (7) ½ Turn L Step R forward (8) ½ Turn L Step L forward
(&) 6:00

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Last Update - 27 Sept. 2023 - R1