

My Highland Girl

Count: 64

Wall: 4

Level: Phrased Newcomer / Improver

Choreographer: Isabell Allert (DE) - August 2024

Music: Highland Girl - Nathan Evans



Phrased ABAABA*AAAB (*Restart)

It starts straight with the Word "Dance"

A : 32counts

[1-8] Heel Grind ¼ Turn, Coaster Step, Shuffle fw, Rock Step

- 1,2 Grind R heel into floor as you turn 1/4 right stepping, LF close next to RF
3&4 RF step back, LF step beside to RF, RF step fw
5&6 LF step fw, RF step next to LF, LF step fw
7,8 RF step fw, weight back on LF

[9-16] Shuffle ½ Turn, Shuffle ½ Turn, Sailor ¼ turn, Close, Clap, Clap

- 1&2 ¼ Turn right, RF step to right side, LF beside RF, ¼ Turn right, RF step fw
3&4 ¼ Turn right, LF step to the side, RF beside LF, ¼ Turn right, LF step back
5&6 ¼ Turn right, RF cross behind LF, LF step to the side, weight back on RF
7&8 LF step beside RF, Clap with both hands 2x

Easy Option: Instead of Shuffle Turn, Shuffle Turn, you can do Shuffle back, Shuffle back
Restart here in Wall 6

[17-24] Chasse right, Cross Rock, Chasse 1/4 Turn Left, 1/4 Turn Hitch, Chasse right

- 1&2 RF step to right side, LF beside RF, RF step to right side
3,4 LF crossing over RF, weight back on RF
5&6 LF step to the side, RF beside LF, 1/4 Turn left, LF step fw
&7&8 Hitch 1/4 Turn left, RF step to the side, LF beside RF, RF step to the side

[25-32] Cross Rock, Chasse left, ¼ Turn, Step ½ Turn, ½ Turn, ½ Turn

- 1,2 LF cross over RF, weight back on RF
3&4 LF step to the side, RF beside LF, ¼ Turn left, LF step fw
5,6 RF step fw, ½ Turn left, weight is on left foot
7,8 ½ Turn left, RF step back, ½ Turn, LF step fw

Easy Option: Instead ½ turn, ½ turn you can do Step Step

B : 32counts

[1-8] Heel, Heel, Heel, Hook, Heel, Heel, Heel, Heel, Hook, Heel

- 1&2& Step right Heel fw, RF beside LF, Step left Heel fw, LF beside RF
3&4& Step right Heel fw, right Heel hook over LF, right Heel fw, RF beside LF
5&6& Step left Heel fw, LF beside RF, Step right heel fw, RF beside LF
7&8 Step left Heel fw, left Heel hook over RF, left Heel fw, LF close to RF

[9-16] Rock Step, Coaster Step, Stomp, Stomp, Stomp, Heel Split

- 1,2 RF step forward, weight back on LF
3&4 RF step back, LF beside RF, RF step forward
5,6 LF stomp forward, RF stomp behind LF
7&8& LF stomp in place, both heels swivels out, both heels swivels in, pull left foot towards right foot, weight is on left foot

[17-32] Repeat Counts [1-16] from Part B

Last Update: 10 Sep 2024

