

# High Heels

Count: 32

Wall: 2

Level: Beginner

Choreographer: Charlie Bowring (UK) - October 2024

Music: High Heels (Pilates Pump) - Flo Rida, Walker Hayes & Damon Sharpe



## INTRO: 32 Counts (Approx 16 secs)

### S1 V STEP, V STEP

- 1,2,3,4      Step Right forward onto Right diagonal (45 deg), Step Left forward onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right
- 5,6,7,8      Step Right forward onto Right diagonal (45 deg), Step Left forward onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right

### S2 SIDE, TOUCH BEHIND, SIDE, TOUCH BEHIND, RIGHT CHASSE, ROCK RECOVER

- 1-2      Step Right to side, Touch Left behind Right
- 3-4      Step Left to side, Touch Right behind Left
- 5&6      Step Right to Right side, Close Left beside Right, Step Right to Right side
- 7-8      Rock Left back behind Right. Recover weight on Right.

### S3 SIDE BEHIND, SHUFFLE ¼ LEFT, ROCKING CHAIR

- 1-2      Step Left to side, step Right behind left
- 3&4      Step forward on Left foot making ¼ turn Left, Close Right foot besides Left, Step forward on Left foot
- 5-8      Rock forward on Right, Recover on Left, Rock back on Right, Recover on Left

### S4 PADDLE 1/8 LEFT, PADDLE 1/8 LEFT, SYNCOPATED JUMP & HIP PUSHES

- 1-2      Step forward on Right foot, Make 1/8 turn to the Left taking weight onto Left foot
- 3-4      Step forward on Right foot, Make 1/8 turn to the Left taking weight onto Left foot
- &5-6      Step forward and out Right, Step forward and out Left, Hold
- 7-8      Push hips right, push hips left (dragging right towards left)

No tags or Restarts

Last Update: 26 Oct 2024

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