

Highland

Count: 32

Wall: 4

Level: Improver

Choreographer: Ben van den Kommer & Emmy Deutekom (NL)

Music: Highland - One More Time



IRISH JIG, TRIPLE STEP IN PLACE, IRISH JIG, TRIPLE STEP IN PLACE

- & Right foot cross in front of left leg at knee-level
- 1&2 Triple step in place right-left-right
- & Left foot cross in front of right leg at knee-level
- 3&4 Triple step in place, left-right-left

IRISH REEL (REVERSED RUNNING MAN)

- 5 Right foot step behind left foot
- & Left foot hitch, right foot scoots forward
- 6 Left foot step behind right foot
- & Right foot hitch, left foot scoots forward
- 7 Right foot step behind left foot
- & Left foot hitch, right foot scoots forward
- 8 Left foot step behind right foot

¼ TWIST RIGHT, ¼ TWIST LEFT, ¼ TWIST RIGHT, COASTER STEP

- 9&10 Twist heels ¼ right, twist heels ¼ left, twist heels ¼ right
- 11&12 Left foot step back, right foot step next to left foot, left foot step forward

FULL TURN TO THE LEFT WITH 4 PADDLE TURNS

- 13 Push with ball of right foot
- & Turn ball left foot ¼
- 14 Push with ball of right foot
- & Turn ball left foot ¼
- 15 Push with ball of right foot
- & Turn ball left foot ¼
- 16 Push with ball of right foot
- & Turn ball left foot ¼

CROSS OVER, POINT 4 X

- 17 Right foot cross over left foot
- 18 Left foot point toe right
- 19 Left foot cross over right foot
- 20 Right foot point toe left
- 21-24 Repeat 17-20

JAZZ TRIANGLE, HOP, STOMP

- 25 Right foot cross over left foot
- 26 Left foot step back
- 27 Right foot step next to left foot
- &28 Hop 2 times back on right foot, while toe of left foot points backwards
- 29 Left foot step forward
- 30 Right foot step next to left foot (weight stays on left foot)
- 31 Right foot tap heel to front
- 32 Right foot stomp next to left

REPEAT

Stretch arms in paddle turns and look in the direction of movement.

Styling 17-24: cross arms in front of body and open arms up while pointing toes, at the same time look in the direction of pointed toes
