

# Highs & Lows

**Compte:** 64

**Mur:** 2

**Niveau:** Intermediate



**Chorégraphe:** Anne Herd (AUS) & Travis Taylor (AUS) - December 2017

**Musique:** Highs & Lows - Emeli Sandé : (CD: Long Live the Angels - Deluxe - iTunes - 3:14)

**Intro:** Start eight beats in weight on left

## **S1: CROSS SIDE SAILOR HEEL & CROSS, SIDE, SAILOR 1/4 L**

- 1-2 Cross R over L, Step L to L side
- 3&4& Step R behind L, Step L to L side, Touch R heel on R, Step R together
- 5-6 Cross L over R, Step R to R side
- 7&8 Step L behind R, Step R to R side, 1/4 L Step L fwd. - 9:00

## **S2: 1/4 R SIDE DRAG, BEHIND SIDE CROSS, SIDE TOUCH, & TOUCH, BALL CROSS**

- 1-2 1/4 L Long Step R to R side whilst dragging L, Hold but continue the drag
- 3&4 Step L behind R, Step R to R side, Cross L over R
- 5-6 Step R to R side, Touch L next to R
- &7 Step L to L side, Touch R next to L
- &8 Step R to R side, Cross L over R - 6:00

## **S3: 1/4 TURN, SIDE ROCK, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD**

- 1-2 Rock R to R side, Recover to L whilst turning 1/4 L
- 3&4 Shuffle fwd. RLR
- 5-6 Turn 1/2 R stepping back on L, Turn further 1/2 R, stepping fwd. on R
- 7&8 Shuffle fwd. stepping LRL - 3:00

## **S4: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, HEEL, & HEEL, & PIVOT 1/4 L**

- 1-2& Press/rock R forward with slight upper body roll, Recover L, Step R beside L
- 3-4& Press/rock L forward with slight upper body roll, Recover R, Step L beside R
- 5&6& Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R
- 7-8 Step R fwd. 1/4 L Pivot weight on L - 12:00

## **S5: CROSS BACK, BACK LOCK BACK, ROCK BACK/REPLACE, LOCK SHUFFLE FWD**

- 1-2 Cross R over L, Step back on L popping R knee fwd.
- 3&4 Step R back, Lock L over R, Step back on R
- 5-6 Rock back on L popping R knee fwd. Replace weight on R dropping R heel
- 7&8 Step L fwd. Lock R behind L, Step L fwd.

## **S6: STOMP, HOLD, STOMP HOLD, & TOUCH & TOUCH & CROSS SHUFFLE**

- 1-2 Stomp R to side, Hold
- 3-4& Stomp L to side, Hold, Step R beside L
- 5&6 Touch L slightly in front of R, Step L beside R, Touch R slightly in front of L
- &7&8 Step R beside L, Cross shuffle L over R

## **S7: 1/4 L BACK SWEEP, BEHIND SIDE CROSS □X 2**

- 1-2 1/4 L Step R back whilst sweeping L around for 2 Counts
- 3&4 Step L behind R, Step R to R side, Cross
- 5-6 1/4 L Step R back whilst sweeping L around for 2 Counts
- 7&8 Step L behind R, Step R to R side, Cross

## **S8: (ROCK & ROLL) ROCK FORWARD, 1/2 TURN R, 1/2 TURN R, ROCK BACK, KICKBALL STEP**

1-2-3-4      Rock R fwd. Recover to L, Turn 1/2 R, stepping fwd. on R, Turn further 1/2 R stepping back on L

5-6-7&8      Rock back on R, Recover to L, Kick R fwd. Step R beside L, Step fwd. on L

**Restart: On wall 3, dance to count 32 and Restart dance**

**Contacts: [anneherd@bigpond.com](mailto:anneherd@bigpond.com) - [dancewithtravis@gmail.com](mailto:dancewithtravis@gmail.com)**

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