

# Highs and the Lows

**COPPER** **NOB**  
BY STEPHEN

**Compte:** 32

**Mur:** 4

**Niveau:** High Beginner

**Chorégraphe:** Carol Cotherman (USA) - March 2021

**Musique:** Life Rolls On - Florida Georgia Line



**#16-count intro. No Tags or Restarts!**

## **Modified Toe Strut Jazz Box**

- 1-2 Step right toe across left, drop right heel taking weight to right
- 3-4 Step left toe back, drop left heel taking weight to left
- 5-6 Step right toe in place, drop right heel taking weight to right
- 7-8 Step left heel forward, drop left ball taking weight to left

**\*Snap fingers on even counts**

## **Jazz Box Cross, Vine with ½ hitch**

- 1-2 Step right over left, step left back
- 3-4 Step right in place, step left over right
- 5-6 Step right to side, step left behind
- 7-8 ¼ Turn right stepping right forward, ¼ turn right hitching left knee slightly over right

## **Cross Walks with Hitches, Rocking Chair**

- 1-2 Step left across right to slight right diagonal, hitch right knee over left to slight left diagonal
- 3-4 Step right over left to slight left diagonal, hitch left squaring up to 6:00
- 5-6 Rock left forward slightly over right, recover to right
- 7-8 Rock left back slightly behind right, recover to right

## **Rock, Recover, ¼ Turn Weave, Scuff**

- 1-2 Rock left forward , recover to right
- 3-4 ¼ Turn left stepping left to side, step right over left
- 5-6 Step left to side, step right behind left
- 7-8 Step left to side, scuff right over left

**\*For lower-impact dancing, substitute scuffs for hitches in sections 2 & 3.**

**Ending: Final wall starts facing 12:00. Dance through the entire dance, but turn ¼ left on the final scuff. You'll end at 12:00!**