

High Heels

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Charlie Bowring (UK) - October 2024

Musique: 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

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