

# Highs of My Life

**COPPER KNOB**  
STEPSHEETS

拍数: 48                      墙数: 4                      级数: Easy Intermediate waltz  
编舞者: Linda Pink (AUS) - March 2016  
音乐: Berlin At 5 - Paul O'Brien : (Album: Sacred Lines)



Music Available on paulobrien.ca

Tag/Restarts: 1 Tag/Restart

Introduction 12 3.58min

## TWINKLE, TWINKLE ½ TURN

1,2,3                      Step L Across In Front Of R, Step R Together, Step L Together (12)  
4,5,                      Step R Across In Front Of L, Turn ¼ Right Step L Back,  
6                      Turn ¼ Right Step R To The Side (6)

## CROSS, ROCK, SIDE, ¾ ROLL

1,2,3                      Step L Across In Front Of R, Rock Back Onto R, Step L To The Side  
4,5,                      Step R Across In Front Of L, Turn ¼ Right Step L Back,  
6                      Turn ½ Right Step R Forward (3)

## STEP, POINT, HOLD, ACROSS, SLOW KICK

1,2,3                      Step L Forward, Point R To The Side, Hold  
4,5,6                      Step R Across L, Slow Kick L (2 Beats)

## (TRAVELLING BACK) SAILOR STEP, SAILOR STEP

1,2,3                      Step L Behind R, Step R To The Side, Rock Back Onto L  
4,5,6                      Step R Behind L, Step L To The Side, Rock Back Onto R

## COASTER STEP, SLOW PIVOT

1,2,3                      Step L Back, Step R Beside L, Step L Forward  
4,5,6                      Step R Forward, Slow ½ Turn Left Taking Weight Onto L (2 Beats) (9)

## FULL TURN, STEP, STEP , STEP, SLOW SWEEP

1,                      Step Forward Turning A Full Turn Left On The Ball Of R Foot  
2,3                      Step L Forward, Step R Forward  
4,5,6                      Step L Forward, Slow Sweep R Over L (2 Beats)

## CROSS, BACK, BACK, CROSS, BACK, SIDE

1,2,3                      Step R Over L, Step L Back, Step R Back \*\*\*  
4,5,6                      Step L Over R, Step R Back, Step L to the Side

## CROSS, SLOW UNWIND, BACK, DRAG, TOGETHER

1,2,3                      Cross R Over L, Slow Unwind Left (2 Beats) Take Weight Onto R (3)  
4,5,6                      Step L Back, Drag R To L, Step R Next To L

## TAG/RESTART

On Wall 5 Dance Up To Beat 39 (\*\*\*) And Add The Following Tag

1,2,3                      Step L Back, Drag R To L, Step R Next To L

And Restart The Dance Facing 9 O'clock

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