

High On Me

拍数: 32 墙数: 4 级数: Improver
编舞者: Carolyne SABATIER (FR) - November 2017
音乐: High on Me - Guy Sebastian



Count In: Start 4 counts

[1-8] Diagonal R stomp – Knees Pop- Behind Side Cross- Diagonal L Stomp- Heels Swivel - Coaster L

1&2 On R Diagonal Stomp R (1), Knees pop (&), recover weigh on L foot (2), 12.00
3&4 Cross R behind L (3), side step on L (&), cross R over L (4) 12.00
5&6 On L diagonal stomp L (5), swivel heels to the left (&), recover on the center weight on R foot (6) 12.00
7&8 Back step on L (7), R beside L (&), L step forward (8) 12.00

[9-16] R Rock Fwd- Heel Grind ¼ turn L- Toes & Heels switches

1 2 Rock R forward (1), recover weigh on L (2), 12.00
&3 4 R next to L (&), L heel Grind (&), ¼ turn L back step on R (4) 09.00
&5&6 L next to R (&), point R to R side (5), R net L (&), point L to L side (6), 09.00
&7&8 L next to R (&), Dig R heel forward (7), R next to L (&), dig L heel Forward (8) 09.00

[17-24] Walk R & L Triple – Walk L & R Triple describe ¾ circle

&1 2 L next to R (&), walk R (1), walk L (2) 09.00
3&4 Step R forward (3), L beside R (&), step R forward (4) with ¼ turn R 12.00
5 6 walk L (5), walk R (6) with ¼ turn right 03.00
7&8 L step forward (7), R beside L (&), step L forward (8) with ¼ turn R 06.00

[25-32] Side Triple- ¼ Turn L Side Triple- Syncopated Jazz Box with Cross Triple

1&2 R side step (1), L beside R (&), R side step (2), 06.00
3&4 ¼ turn L side step on L (3), R beside L (&), L side step (4), 03.00
5 6 cross R over L (5), back step on L (6) 03.00
&7&8 ball side on R (&), cross L over R (7), R side step (&), cross L over R (8) 03.00

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ENJOY..... With BIG SMILE !!!!!