

# High On Life

拍数: 32      墙数: 4      级数: Improver Cha Cha  
编舞者: Trine Haukø Lund (NOR) - January 2019  
音乐: Living In The Here And Now - Darryl Worley



Intro: 32 counts

## Section 1: Side, together, chasse R, cross rock, chasse L

1-2            Step RF to R, step ball of LF next to RF  
3&4           Step RF to R, step LF next to RF, step RF to R  
5-6           Cross rock LF in front of RF, recover on RF  
7&8           Step LF to L, step RF next to LF, step LF to L

## Section 2: Cross, sweep 1/4 turn R, lock step fwd, rock fwd, recover, back touch, back touch

1-2            Cross RF in front of LF, turn 1/4 R(3:00) while sweeping LF  
3&4           Step LF forward, step ball of RF behind LF, step LF forward  
5-6           Rock RF forward, recover on LF  
&7&8          Step RF backwards, touch LF slightly in front of RF, step LF backwards, touch RF slightly in front of LF

Restart here in wall 5

## Section 3: Rock backw, recover, lock step fwd, pivot 1/2 turn R, lock step fwd

1-2            Rock RF backwards, recover on LF  
3&4           Step RF forward, step ball of LF behind RF, step RF forward  
5-6           Step LF forward, turn 1/2 R(9:00), recover on RF  
7&8           Step LF forward, step ball of RF behind LF, step LF forward

## Section 4: Rocking chair, sway hips R-L-R-L

1-2            Rock RF forward, recover on LF  
3-4            Rock RF backwards, recover on LF  
5-6            Step RF to R, sway hip R, sway hip L  
7-8            Sway hip R, sway hip L and touch RF next to LF

Restart in wall 5 after 16 counts, facing 3:00

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