

High Horse

COPPERKNOB
BY SHEETS

拍数: 32 墙数: 4 级数: Low Improver
编舞者: Shelli Blake (USA), Rob Fowler (ES) & I.C.E. (ES) - 14 August 2021
音乐: High Horse - Nelly, BRELAND & Blanco Brown



Intro: 16 counts (approx. 9 secs) - Start on vocals

S1 [1-8] Walk Forward R, L, Touch R, Heel Twist, Walk Back R, L, Back R, L Heel, Shimmy Shoulders

1-2 Walk forward R, L
3&4 Touch R forward, twist both heels to R, return to center (weight on L)
5-6 Walk back R, L
&7 Step back on R, touch L heel forward
&8 Shimmy shoulders L, R

(option: instead of the shoulder shimmies, you can lasso your R arm overhead, like roping cattle)
RESTART 1: During Wall 3 dance up to and including count 8 then RESTART facing 6:00.

S2 [9-16] Step L, Forward R, Pivot ¼ L, R Samba, Cross L, Back R, Side Shuffle L

&1-2 Step L next to R, step forward on R, make a ¼ turn L (weight on L) 9:00
3&4 Cross R over L, rock L to L side, recover on R
5-6 Cross L over R, step back on R
7&8 Step L to L side, step R next to L, step L to L side

RESTART 2: During Wall 6 dance up to and including count 16 then RESTART facing 9:00.

S3 [17-24] Cross Heel Dig R, L, Step L, Forward R, Hook L, Back L, R Coaster

1-2 Cross R heel over L foot, fanning toes from L to R
&3-4 Step R next to L, cross L heel over R foot, fanning toes from R to L
&5 Step L next to R, step forward on R
&6 Hook L behind R (and slap L foot with R hand), step back on L
7&8 Step back on R, step L next to R, step forward on R

S4 [25-32] Skate L, Skate R, Shuffle Forward L, Forward R, Pivot ½ L, Full Turn L

1-2 Swivel on ball of L foot pushing off toward L diagonal, changing weight to R foot swivel on ball of R foot toward R diagonal
3&4 Step forward on L, step R next to L, step forward on L
5-6 Step forward on R, make a ½ turn L (weight forward on L) 3:00
7-8 Make a ½ turn L stepping back on R, make a ½ turn L stepping forward on L

(non-turning option: walk forward R, L)

Start Over

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