

High Horse

拍数: 32 墙数: 4 级数: Improver
编舞者: Wendy McLean (CAN) - September 2021
音乐: High Horse - Nelly, BRELAND & Blanco Brown



Intro: 16 counts - Start on vocals

Walk, Walk, Out, Out, In, In, Hip Roll 1/8, Hip Roll 1/8

1 2 Walk forward right, Walk forward left
&3&4 Step right out, Step left out, Step right in, Step left in
5 6 Step right slightly forward, Roll hips counter clock wise 1/8 left (weight to left)
7 8 Step right slightly forward, Roll hips counter clock wise 1/8 left (weight to left)

Rock, Recover, Pony Back, Pony Back, Rock Recover

1 2 Rock forward on right, Recover to left
3&4 Step back on right, Bounce right hip, Weight on right
5&6 Step back on left, Bounce left hip, Weight on left
7 8 Rock back on right, Recover to left

Step, ¼, Sailor ¼, Wizard Left, Wizard Right

1 2 Step forward on right, Step left ¼ turn right
3&4 Step right slightly behind left, Step left ¼ turn right, Step right slightly forward
5 6& Step left diagonally forward, Slide/step right to left foot, Step left in place
7 8& Step right diagonally forward, Slide/step left to right foot, Step right in place

Cross Rock, Shuffle ¼, Step ¼, Bump, Bump

1 2 Rock left across right, Recover to right
3&4 Step left ¼ left, Step right together, Step left forward
5 6 Step right forward, Pivot ¼ left (weight to left)
7 8 Bump hips right, Bumps hips left

Restart Wall 3 - after 8 counts (wall 3 starts @ 6:00, restart facing 3:00)

Restart Wall 6 - after 16 counts (wall 6 starts @ 9:00, restart facing 6:00)
