

High Hopes

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Dawna St. Pierre (USA) - January 2022
音乐: High Hopes - Panic! At the Disco



After 32 counts start the dance

Sequence as follows: A, A, B, A, A, B, A, tag, (restart) A, A

A sequence (32 counts)

(1-8) KNEE POPS ON BALLS OF FEET, BODY ROLL, LF BACK, RF BACK, LF BACK 2 X

- 1&2& Body facing diagonal (10:00) RF steps to the side, LF next to RF, pop both knees on balls of feet, both feet drop down
3&4 Body facing (12:00) front LF steps to the side, RF steps next to LF, Body roll
5,6 Body facing (10:00) LF steps back, then RF (facing 2:00)
7&8 Then double LF

(9-16) BALL CHANGE, STEP, ½ TURN SYNCOPATED WEAVE, KICK BALL CHANGE

- &1,2 RF ball change (LF crosses RF), RF steps to the side as LF points
3,4 Step on LF ½ turning L, step out on RF
5&6 syncopated weave (LF behind RF, RF step, LF crosses RF)
7&8 RF kick ball change (body facing 3:00) LF point back

(17-24) STEP BODY ROLL 2 X, L PRESS WITH KNEE POP, LEFT SPIN, R KNEE POP

- &1,2 (Body still facing 3:00) RF steps next to LF as LF point(weight change) do a body roll hip roll back then forward
&3,4 repeat (&1), Press ball of LF out to left side as you pop L knee out to left
5,6 LF ball comes down, Cross RF in front of LF
7,8 Unwind doing a complete turn to L feet together, R knee pops

(25-32) STEP BACK CHASSE, STEP BACK CHASSE, ROCK RECOVER, STEP ½ PIVOT L, STEP R NEXT TO L

- 1&2 RF steps back, LF steps next to RF, RF steps back
3&4 Same thing on Left
5,6 RF back rock recover
7&8 RF steps front, ½ L pivot, Touch RF next to LF

B sequence (16 counts)

(1-8) R SLIDE, ROCK RECOVER, CHASSE, SYNCOPATED WEAVE

- 1,2 RF steps to side slide LF
3,4 LF behind R Rock recover
5&6 Chasse to Left
7&8 syncopated weave to Left

(9-16) ¼ TURN L, SLIDE, ROCK RECOVER, CHASSE, SYNCOPATED WEAVE

- 1,2 LF steps side slide RF
3,4 RF behind L Rock Recover
5&6 Chasse to Right
7&8 Syncopated weave to Right

****TAG is on the 6th Wall (facing same as 1st wall) Do A sequence, 1st count of 8, then on 2nd count of 8 after (5&6) R Rock recover bring R next to L on count (7&8). Then restart A sequence**

