

Take Me Higher

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 0 级数: Phrased Easy Intermediate
编舞者: Glenn Ball (USA), Roy Verdonk (NL) & Christopher Gonzalez (USA) - April 2022
音乐: Higher (feat. Lukas Graham) - Pink Cafe, Brandon Beal & Lukas Graham



Intro: 17 seconds, dance begins 20 counts after Lukas starts to say "Tired of feeling lonely..."

Finish: Turn final four camel walks all the way around toward 12:00

Phrasing: A - 32 counts, B - 32 counts

Sequence: A, A A B, A A B, A A B, A

Part A: 32c

[1-8]: R Stomp-Recover, Ball-Walk Walk, 1/4 L Heel Grind, L Sailor Step (starting from 12:00, end facing 3:00)

1,2- Stomp R forward (1), recover L (2), ball R together (&)
3,4- Step L forward (3), step R forward (4)
5,6- Press L heel forward (5), turn 1/4 L on L heel and step R back (6)
7&8- Step L behind R (7), step R together (&), step L forward toward L diagonal (8)

[9-16]: R Cross Rock-Recover, Big Step R, Close, Knee Rolls R + L (end facing 3:00)

1,2- Rock R across L (1), recover L (2)
3,4- Big step R to side dragging L together (3), close L (4)
5,6- Roll knees forward and clockwise in full circle (5), return knees to center (6)
7,8- Roll knees forward and anticlockwise in full circle (7), return knees to center (8)

[17-24]: R Side Rock-Recover, Behind-Side-Cross, L Side Rock-Recover, Behind-Side-Forward (end facing 3:00)

1,2- Rock R to side (1), recover L (2)
3&4- Step R behind (3), step L to side (&), step R across (4)
5,6- Rock L to side (5) recover R (6)
7&8- Step L behind R (7), step R to side (&), step L forward (8)

[25-32]: Stationary Glide, L Mambo Close, 1/4 L Turning Camel Walks x 4 (end facing 6:00)

1,2- Press R ball slightly forward (1) slide L back with unweighted L sole flat across floor (2)
3,4- Rock L forward (3), recover R (&), close L (4)
5,6- Step R forward popping L knee (5) turn 1/8 L & step L forward popping R knee (6)
7,8- Step R forward popping L knee (7) turn 1/8 L & step L forward popping R knee (8)

Part B: 32c

[1-8]: Back-Close, Hold, Forward-Close, Kick-Ball-Boogie Walks x 4 (starting from 12:00, end facing 12:00)

&1,2- Step R back (&), close L and slightly bend knees while tilting upper body downward on the lyric "down!" (1), hold (2)
&3,4- Step R forward (&), close L and straighten body vertically on the lyric "up!" (3), Kick R toward R diagonal (4), ball R together (&)
5,6- Step L forward and slightly toward L diagonal (5), Step R forward and slightly toward R diagonal (6)
7,8- Step L forward and slightly toward L diagonal (7), Step R forward and slightly toward R diagonal (8)

[9-16]: L Swivet x 2 w/ 1/4 L Turn, R Jazz Box (end facing 3:00)

1,2- With weight on R ball and L heel, turn 1/4 L and swivel heels to R and toes to L (1), return (still facing the new wall) (2)
3,4- With weight on R ball and L Heel, swivel heels to R and toes to L (3), return (weight L) (4)
5,6- Step R across L (5), step L back (6)
7,8- Step R to side (7), step L forward (8)

[17-24]: R Lunge, Hold, 1/4 L Turn with Arms Up, Hold, Downward Arm Waves (end facing 6:00)

- 1,2- Step R forward into lunge on lyric "down!" (1), hold (2)
- 3,4- Turn 1/4 L and stand with feet shoulder-width apart while raising arms overhead on lyric "up!" (3), hold (4)
- 5,6- Shift weight L while waving arms down toward L (5), shift weight R while waving arms slightly farther down toward R (6)
- 7,8- Shift weight L while waving arms slightly farther down toward L and beginning to bend knees (7), shift weight R while placing palms on thighs and closing L with knees still bent (8)

[25-32]: Arms Up, Heel Bounces x 2, 1/2 Pivot Turns x 2 (end facing 6:00)

- 1,2- Straighten body vertically with feet together while raising arms overhead on the second syllable of the lyric "(high)ER!" (1), hold (2)
- 3,4- Raise heels (&), lower heels (3), raise heels (&), lower heels (weight L) (4)
- 5,6- Step R forward (5), turn 1/2 L and shift weight L (6)
- 7,8- Step R forward (7), turn 1/2 L and shift weight L (8)

***Non-turning option for counts 5-8:**

***Rock R forward (5), recover L (6)**

***Rock R back (7), recover L (8)**
