

High Heels

拍数: 32 墙数: 0 级数:
编舞者: Ryan Warner (USA) - January 2023
音乐: High Heels (Whistle While You Twerk) - Flo Rida, Walker Hayes & secs on the beach



Intro: 16 Counts - No Restarts or Tags

[1-8] R Wizard Step, L Wizard Step with $\frac{1}{4}$ Turn to Left , R Hook Step , 2 Steps

- 1-4 1) Step right foot forward; 2) step left foot quickly behind right, &) step right foot quickly in place. 3) Step left foot forward; 4) step right foot quickly behind left turning $\frac{1}{4}$ to the left, &) step left foot quickly in place.
- 5-8 5) Place right heel forward, &) lift right heel, 6) step down with right foot, 7) left step forward, 8) right step forward

[9-16] L triple, R Rock Recover, $\frac{1}{2}$ Rolling Grapevine over Right

- 1-4 1) Step forward left, &) lock right foot behind left, 2) Step forward left 3) Step forward right, 4) rock forward on right, &) recover on left
- 5-8 5) Step back right turning $\frac{1}{4}$ to right, 6) step left back behind right foot, 7) step forward right with $\frac{1}{4}$ turn to right. 8) Step together with left.

[17-24] 2 Charlestons starting with R

- 1-4 1) Step forward right with style (swiveling ankles inwards towards body), 2) Step backward right (placing right foot behind left foot) with style, 3) step backward left (placing left foot behind right foot) with style, 4) step forward left (in front of right foot) with style.
- 5-8 5) Step forward right with style (swiveling ankles inwards towards body), 6) Step backward right (placing right foot behind left foot) with style, 7) step backward left (placing left foot behind right foot) with style, 8) step forward left (in front of right foot) with style.

[25-32] Grapevine to the R, TURN $\frac{1}{4}$ Left Forward, $\frac{1}{2}$ Right Forward, Left Coaster

- 1-4 1) Sidestep right, 2) step left back behind right foot, 3) side step right, 4) step together with left.
- 5-8 5) Step side left with $\frac{1}{4}$ turn to left, 6) step forward right with $\frac{1}{2}$ turn to left, 7) step left back, &) step right together, 8) step left forward.
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