

# High Time Rolling

拍数: 32      墙数: 4      级数: Phrased Improver  
编舞者: Elke Schadewald (DE) & Jess (DE) - February 2023  
音乐: High Time - Nickelback



**Note:** The dance starts with the lyrics

**Dance Sequence:** 4xA – 2xB – 2xA – 4xB – 2xA – TAG – 2xA – 4xB

It's easier than it looks here!

Dance part A during the verse, dance part B during the chorus.

## Part A (4 wall):

### A1: Side, Together, Chassé, Cross Rock Side, Behind-Side-Cross

1-2            Step RF to right side, step LF next to RF  
3&4           Step RF to right side, step LF next to RF, step RF to right side  
5&6           Cross LF over RF, take weight back to LF, step LF to the left side  
7&8           Cross RF behind LF, step LF to left side, cross RF over LF

### A2: Side, Touch, Side, Behind-Side-Cross, Monterey 1/4

1&2           Step LF to left side, touch RF next to LF, step RF to right side  
3&4           Cross LF behind RF, step RF to right side, cross LF over RF  
5-6           Point right toe to right side, make ¼ turn right, put weight on RF  
7-8           Point left toe to left side, step LF next to RF

## Part B (2 wall):

### B1: Shuffle forw. r & l, Rumba Box

1&2           Step RF forward, step LF next to RF, step RF forward  
3&4           Step LF forward, step RF next to LF, step LF forward  
5&6           Step RF to right side, step LF next to RF, step RF back  
7&8           Step LF to left side, step RF next to LF, step LF forward

### B2: Shuffle forw. r & l, Rocking Chair, Step Turn

1&2           Step RF forward, step LF next to RF, step RF forward  
3&4           Step LF forward, step RF next to LF, step LF forward  
5&           Step RF forward, take weight back to LF  
6&           Step RF back, take weight back to LF  
7-8           Step RF forward, make ½ turn right on both balls of feet, take weight to LF

## Tag at the end of wall 16 – 12:00 o'clock

### Monterey ¼ turn x 2

1-2           Point right toe to right side, make ¼ turn right, put weight on RF  
3-4           Point left toe to left side, step LF next to RF  
5-6           Point right toe to right side, make ¼ turn right, put weight on RF  
7-8           Point left toe to left side, step LF next to RF

**Choreographer Address:** Germany, Lower Saxony

**Links:** [Phoenix-Linedancer@web.de](mailto:Phoenix-Linedancer@web.de)