

Highland Girl (Easy)

拍数: 64 墙数: 2 级数: Beginner / Improver
编舞者: Melissa Lau (NZ) - June 2024
音乐: Highland Girl - Nathan Evans



Intro: starts immediately on the first note, when you hear "So..."

FWD, TOUCH, BACK, HEEL, FWD LOCK, FWD LOCK SHUFFLE

1, 2, 3, 4 Step R fwd, tap L toe next to R, step L back, tap R heel in place (12:00)
5, 6, 7&8 Step R fwd, step L crossed behind R, step R fwd, step L crossed behind R, step R fwd

FWD, TOUCH, BACK, HEEL, FWD LOCK, FWD LOCK SHUFFLE

1, 2, 3, 4 Step L fwd, tap R toe next to L, step R back, tap L heel in place
5, 6, 7&8 Step L fwd, step R crossed behind L, step L fwd, step R crossed behind L, step L fwd

CROSS-ROCK, SIDE SHUFFLE, CROSS-ROCK, SHUFFLE ¼ LEFT

1, 2 Rock R across L, recover weight on L
3&4 Step R to side, step L next to R, step R to side
5, 6 Rock L across R, recover weight on R
7&8 Step L to side, step R next to L, turn ¼ left stepping L fwd (9:00)

FWD ROCK-RECOVER, COASTER (x 2)

1, 2, 3&4 Rock R fwd, recover on L, step R back, step L next to R, step R fwd
5, 6, 7&8 Rock L fwd, recover on R, step L back, step R next to L, step L fwd

HEEL, HOOK, FWD SHUFFLE (x 2)

1, 2, 3&4 Touch R heel fwd, hook R in front of L shin, step R fwd, step L next to R, step R fwd
5, 6, 7&8 Touch L heel fwd, hook L in front of R shin, step L fwd, step R next to L, step L fwd

2x MONTEREY ¼ TURN

1, 2, 3, 4 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (12:00), point L to side, step L next to R
5, 6, 7, 8 Point R to side, ¼ turn right stepping R next to L taking the weight onto R (3:00), point L to side, step L next to R

TOE TOUCHES, TRIPLE STEP (x 2)

1, 2, 3&4 Point R fwd, point R to side, step R next to L, step L in place, step R in place
5, 6, 7&8 Point L fwd, point L to side, step L next to R, step R in place, step L in place

MONTEREY ¼, 2x HEEL DIGS

1, 2, 3, 4 Point R to side, ¼ turn right stepping R next to L taking the weight onto R, point L to side, step L next to R (6:00)
5, 6, 7, 8 Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

*** ENDING: on last wall, dance up to 44 counts, finish with 2x HEEL DIGS at the front**

This dance was choreographed for experienced Beginners / 'Low-impact' to my improver-intermediate dance 'Highland Girl'.

Last Update: 3 Jul 2024