

# High Life

拍数: 48      墙数: 2      级数: Easy Intermediate  
编舞者: Mike Hitchen (UK) - September 2024  
音乐: High Life - Sacha



## \*\*2 Restarts

### S1: Side Together Shuffle Forward, Side Together Shuffle Back.

1-2 3&4      Step right to side, Step left together Shuffle Forward RLR.  
5-6 7&8      Step left to Side, Step right together, Shuffle Back LRL. (Restart)

### S2: Rock Right Back Recover, Shuffle ½ Turn Left, Rock Left Back Recover, Step Flick.

1- 2      Rock right foot back, Recover to left.  
3&4      Step right ¼ turn left, Step left together, Step right back ¼ turn left. (6.00)  
5-6      Rock left back, Recover to right.  
7-8      Step left forward, Flick right foot to right side.

### S3: Cross Shuffle, Side Rock & Cross, ¼ & ½ Turn Left, Step ¼ Turn Left.

1&2      Cross right over left, Step left to side, Cross right over left.  
3&4      Rock left to side, Recover to right, Cross left over right. (6.00)  
5-6      Turn ¼ turn left stepping right back, Turn ½ turn left Stepping left forward. (9.00)  
7-8      Step right forward, Turn ¼ turn left. ( weight on left ) (6.00)

### S4: 2 ¼ Paddle turn left In A Circular Motion, Cross Side Sailor.

1-2      Step right forward, Turn ¼ turn left. (3.00)  
3-4      Step right forward, Turn ¼ turn left. (12.00)  
5-6      Cross right over left, Step left to side.  
7&8      Cross Step right behind left, Step left to side, Step right to side,

### S5: Cross ¼, ¼ Side Chasse, Cross Rock Side Chasse.

1-2      Cross left over right, Turn ¼ turn left Stepping right back. (9.00)  
3&4      Step left ¼ turn left, Step right together, Step left to side. (6.00) (Restart)  
5-6      Cross rock right over left, Recover to left.  
7&8      Step right to side, Step left together, Step right to side.

### S6: Cross Rock, &Touch Hold, & Touch, & Touch, Kickball Change.

1-2      Cross rock left over right, Recover to right,  
&-3-4      Step left back, Touch right next to left, Hold.  
&-5      Step right back, Touch left next to right.  
&-6      Step left back, Touch right next to left.  
7&8      Kick right forward, Step on ball of right, Step down on left.

Restart after 8 counts on 3rd wall restart

Restart after 36 counts on 6th wall restart

Finish on wall 8 facing 12.00 -16 counts when you do Shuffle 1/2 turn rock back do another shuffle 1/2 turn to finish at front

Mike.hitchen777@gmail.com

Last Update: 10 Sep 2024