

High

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Mike Parkinson (WLS)
音乐: High - Lighthouse Family



ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, ¼ TURN LEFT

1& Rock forward on right (lifting left slightly), replace left
2& Rock backwards on right (lifting left slightly), replace left
3-4 Step forward on right, ¼ turn left on left

ROCK FORWARD RIGHT, REPLACE LEFT, ROCK BACKWARDS RIGHT, REPLACE LEFT, STEP FORWARD RIGHT, ¼ TURN LEFT

5& Rock forward on right (lifting left slightly), replace left
6& Rock backwards on right (lifting left slightly), replace left
7-8 Step forward on right, ¼ turn left on left

RIGHT COASTER STEP, STEP BACK LEFT, CROSS-STEP-CROSS (CROSS SHUFFLE)

1&2 Step forward on right, step left next to right, step backwards on right
& Step backwards on left
3&4 Cross step right over left, step left side slightly, cross step right over left

LEFT COASTER STEP, STEP BACK RIGHT, CROSS-STEP-CROSS (CROSS SHUFFLE)

5&6 Step forward on left, step right next to left, step backwards on left
& Step backwards on right
7&8 Cross step left over right, step right side slightly, cross step left over right

RIGHT SIDE SHUFFLE, STEP LEFT BEHIND, UNWIND ½ TURN LEFT

1&2 Step right to right side, step left next to right, step right to right side
3-4 Step left behind right, unwind ½ turn left dip as you turn
5&6 Step right to right side, step left next to right, step right to right side
7-8 Step left behind right, unwind ½ turn left dip as you turn

SYNCOPATED - JUMP OUT & OUT, HOLD & CLAP, JUMP IN & IN, HOLD & CLAP, SYNCOPATED - JUMP OUT & OUT & IN & IN & OUT & OUT & IN & IN

&1 Jump slightly out to the right with right, jump slightly out top the left with left
2 Hold & clap
&3 Jump slightly in to the left with right, jump slightly in to the right with left
4 Hold & clap
&5 Jump slightly out to the right with right, jump slightly out to the left with left
&6 Jump slightly in to the left with right, ump slightly in to the right with left
&7 Jump slightly out to the right with right, jump slightly out to the left with left
&8 Jump slightly in to the left with right, ump slightly in to the right with left

REPEAT
