

# High

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



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## 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**

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