

High 'n' Low

COPPER KNOB
BY STEPHEN WILLS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Keith Cross (UK)
音乐: High Low and In Between - Mark Wills



LUNGE ROCK, RIGHT CHASSE, & LUNGE ROCK, SIDE, TOGETHER, ¼ TURN RIGHT

- 1-2 Cross rock (lunge) right over left, recover weight back onto left (optional: splay arms out to side on lunge)
3&4 Right side shuffle
&5-6 Step left beside right, cross rock (lunge) right over left, recover weight back onto left (optional: splay arms to side)
7&8 Step right to right side, close left beside right, step right to right making ¼ turn right

STEP, ¾ PIVOT RIGHT, LEFT CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP WITH ¼ TURN LEFT

- 1-2 Step left forward, pivot ¾ turn right
3&4 Left side shuffle
5&6 Right sailor step
7&8 Left sailor step making ¼ turn left

HIPS BUMPS UP, RIGHT KICK BALL CROSS, HIP BUMPS DOWN, LEFT KICK BALL CROSS

- 1-2 Touch right to right side bumping hips twice upwards to the right (optional: point right finger & arm upwards))
3&4 Right kick ball cross
5-6 Step right to right side bumping hips twice downwards to the right (optional: point right finger & arm downwards)
7&8 Left kick ball cross

STEP ½ PIVOT, STEP ½ PIVOT, LEFT ROCK STEP, ½ TRIPLE TURN LEFT

- 1-2 Step left forward, pivot ½ turn right (optional: arms down by side with hands outstretched palms down)
3-4 Step left forward, pivot ½ turn right (optional: arms) down by side with hands outstretched palms down)
5-6 Rock forward on left, recover weight back onto right
7&8 Triple step in place on left right left making ½ turn left

REPEAT

TAG

To be danced at start of 4th & 7th walls only for the Mark Wills song

CROSS TOUCHES TWICE, HITCH, TOUCH, & TOUCH, HOLD

- 1-2 Cross step right over left, touch left toe to left side
3-4 Cross step left over right, touch right toe to right side
5 Hitch right knee up & across left leg (optional: push right arm up to left diagonal pointing index finger up)
6 Touch right toe to right side (optional: push right arm down to right diagonal pointing index finger down)
7&8 Step right next to left, touch left toe to left side (&), hold (optional: arms down by side hands outstretched)

STEP LEFT BESIDE RIGHT (&), RIGHT TOE STRUT, LEFT TOE STRUT, SYNCOPATED STEP LOCKS FORWARD

- &1-2 Step left beside right, step forward on right toe, drop right heel to floor
3-4 Step forward on left toe, drop left heel to floor

5&6& (Traveling towards right diagonal) step right forward, lock left behind right, step right forward,
lock left behind right

7&8& Step right forward, lock left behind right, step right forward, step left out to left side (&)
