

Higher Ground

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Karla Dornstedt (USA) & Paul Dornstedt (USA)
音乐: Higher Ground - The Borderers



CROSS, KICK, ROCK, RECOVER, KICK, BEHIND, SIDE SHUFFLE

1-2 Cross left over right, kick right to right-forward diagonal
3-4 Rock right back, recover weight forward on left (still facing right-forward diagonal)
5-6 Kick right to right-forward diagonal, cross right behind left
7&8 Step left side left, step right next to left, step left side left

CROSS, KICK, BACK, KICK, BACK, ½ LEFT, ½ LEFT TRIPLE

1-2 Cross right over left, kick left to left-forward diagonal
3-4 Step back on left, kick right to right-forward diagonal
5-6 Step back on right, turn ½ left and step forward on left (6:00)
7&8 Turn ¼ left and step right side right, step left next to left, turn ¼ left and step back on right (12:00)

BACK, HOLD-AND-WALK, WALK, PIVOT ¼ RIGHT, ROCK FORWARD, RECOVER

12&34 Step back on left, hold, step right next to left (&), step forward left, right
5-6 Step forward on left, turn ¼ right and step on right (3:00)
7-8 Rock forward on left, recover weight back on right

ROCK BACK, RECOVER, SHUFFLE FORWARD, PIVOT ½ LEFT, KICK-BALL-CHANGE

1-2 Rock back on left, recover weight forward on right
3&4 Step forward on left, step right next to left, step forward on left
5-6 Step forward on right, turn 112 left and step forward on left (9:00)
7&8 Kick right forward, step right next to left, step left forward

STEP, SNAP, STEP, SNAP, WALK, WALK, WALK, SWEEP

1-2 Step forward on right crossing slightly over left, hold and snap fingers
3-4 Step forward on left crossing slightly over right, hold and snap fingers
5-6 Step right forward crossing slightly over left, step left forward crossing slightly over right
7-8 Step right forward crossing slightly over left, sweep left forward (weight right)

ROCK FORWARD, RECOVER, ½ LEFT SHUFFLE, ¼ LEFT, SWEEP-AND-CROSS, SIDE

1-2 Rock forward on left, recover weight back on right
3&4 Turn ¼ left and step left side left, step right next to left, turn ¼ left and step forward on left (3:00)
5-6 Turn ¼ left and take a long step to right with right, sweep left from side to back (weight right) (12:00)
&78 Step left slightly back of right (&), cross right over left, step left side left

ROCK, RECOVER, ¼ RIGHT SHUFFLE, PIVOT ½ RIGHT, ½ RIGHT SHUFFLE

1-2 Rock right behind left, recover weight forward on left
3&4 Step right side right, step left next to right, turn ¼ right and step forward on right (3:00)
5-6 Step forward on left, turn ½ right and step forward on right (9:00)
7&8 Turn ¼ right and step left side left, step right next to left, turn ¼ left and step back on left (3:00)

¼ RIGHT, HOLD-AND-STEP, SWEEP, ROCK, RECOVER, SWAY, SWAY

12& Turn ¼ right and take a long step to right with right, hold, step left next to right (&) (6:00)

- 3-4 Step right side right, sweep left forward and across right (weight right)
5-6 Cross rock left over right, recover weight back on right
7-8 Sway left side left, sway right side right

REPEAT

ENDING

Optional. Dance ends on count 40. The music slows down 16 counts into the last rotation. Continue the dance to the beat as music slows down 16 beats into the last rotation. You will be feeling the 3:00 wall when you do the last 8 counts. Finish with a $\frac{1}{4}$ pivot

STEP, SNAP, STEP, SNAP, WALK, WALK, WALK, SWEEP

- 1-2 Step forward on right crossing slightly over left, hold and snap fingers
3-4 Step forward on left crossing slightly over right, hold and snap fingers
5-6 Step right forward crossing slightly over left, step left forward crossing slightly over right
7-8 Step forward on right, turn $\frac{1}{4}$ left stepping on left while raising your arms

We would like to thank Bill Bader for recommending us to The Borderers. We feel honored that The Borderers asked us to choreograph a dance to one of the songs on their new CD, "A Time For Change". We liked their music so much that we asked Jim and Alex if we could write another dance to one of the songs. With their permission, this is dance #2. Our first dance "Life's Simple Things" was written to the song "The Simple Things In Life"
