

Hi, Lo, And In Between

拍数: 84 墙数: 0 级数:
编舞者: Sharon Mello (USA)
音乐: High Low and In Between - Mark Wills



TOE, HEEL, COASTER STEP

- 1 Turn right leg in, touch toe to floor
- 2 Turn right leg out, touch heel to floor
- 3&4 Right foot step back left diagonal behind left, left foot step to side, right foot step next to left
- 5 Turn left leg in, touch toe to floor
- 6 Turn left leg out, touch heel to floor
- 7&8 Left foot step back right diagonal behind right, right foot step to side, left foot step next to right
- 9 Rock back on right
- 10 Rock forward on left
- 11&12 Shuffle step forward right, left, right
- 13&14 Shuffle step forward left, right, left making ¼ turn to right on the &14 counts

SCUFF, SCUFF, TOE TAP, SCUFF, STEP, CROSS, STEP, CROSS, STEP

- 15 Scuff right heel forward
- 16 Scuff right foot back
- 17 Tap right toe back left diagonal
- 18 Small heel scuff next to left foot
- & Step right in place
- 19 Step on left crossing in front of right
- 20 Step right to side
- 21 Step left crossing behind right
- 22 Step right to side

SCUFF, SCUFF, TOE TAP, SCUFF, STEP, CROSS, STEP, CROSS, STEP

- 23 Scuff left heel forward
- 24 Scuff left foot back
- 25 Tap left toe back right diagonal
- 26 Small heel scuff next to right foot
- & Step left in place
- 27 Step on right crossing in front of left
- 28 Step left to side
- 29 Step right crossing behind left
- 30 Step left to side

STEP, PIVOT ½, COASTER STEP

- 31 Step forward right
- 32 Pivot ½ turn to left, shifting weight to left foot
- 33&34 Right foot step back left diagonal behind left, left foot step to side, right foot step next to left

TOE POINT, CROSS, TOE POINT, CROSS, HEEL, HOP, SHUFFLE, ROCK, RECOVER

- 35 Left toe touch to side
- 36 Left foot step front crossing in front of right
- 37 Right toe touch to side
- 38 Right foot step front crossing in front of left
- 39 Rock back to left foot, touching right heel to front right diagonal
- 40 Hop both feet back to original position, weight on right

& Small hop on right
41&42 Shuffle step back on left, right, left
43 Rock step back to right
44 Rock forward to left

TOE POINT, CROSS, TOE POINT, CROSS, HEEL, HOP, SHUFFLE, ROCK, RECOVER

45 Right toe touch to side
46 Right foot step front crossing in front of left
47 Left toe touch to side
48 Left foot step front crossing in front of right
49 Rock back to right foot, touching left heel to front left diagonal
50 Hop both feet back to original position, weight on left
& Small hop on left
51&52 Shuffle step back on right, left, right
53 Rock step back to left
54 Rock forward to right

¼ TURN, STEP, STEP, ¼ TURN, COASTER STEP

55 Small hop on right foot with ¼ turn right, left foot kicks out to side
56 Walk forward left
57 Walk forward right
58 Small hop on right foot with ¼ turn right, left foot kicks out to side
59&60 Left foot step back, right foot step next to left, left foot step forward

6 COUNT GRAPEVINE RIGHT, COASTER STEP

61 Right foot step right
62 Left foot cross in back of right
63 Right foot step right
64 Left foot cross in front of right
65 Right foot step right
66 Left foot cross in back of right
67&68 Right foot step back, left foot closes to right, right foot step forward

6 COUNT GRAPEVINE LEFT, COASTER STEP

69 Left foot step left
70 Right foot cross in back of left
71 Left foot step left
72 Right foot cross in front of left
73 Left foot step left
74 Right foot cross in back of left
75&76 Left foot step back, right foot closes to left, left foot step forward

HEEL, HOP, HEEL, HOP, FAN HEEL, FAN TOES

77 Hop back to left foot while touching right heel to floor
78 Hop feet back together
79 Hop back to right foot while touching left heel to floor
80 Hop feet back together
81 Right heel fan out
82 Right toe fan out
83 Right toe fan in
84 Right toe fan out

REPEAT

If dance is started with lyrics, it will end on the last note.

