

# Feelin' High

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4  
编舞者: Sharon Hutchinson (UK)  
音乐: High - James Blunt



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## **SIDE, BEHIND, SIDE, CROSS ROCK, SIDE CROSS, ¼ TURN, ¼ TURN, BACK ROCK, CHASSE LEFT**

- 1-2            Step to right side with right, cross left behind right
- &3-4        Step to right side with right, cross rock left over right, recover weight onto right
- &5-6        Step to left side with left, cross right over left, make ¼ turn right stepping back on left
- &7&        Make ¼ turn right stepping right to right side, cross rock left behind right, recover weight onto right
- 8&1        Step left to left side, close right next to left, step left to left side

## **CROSS ROCK, SIDE, CROSS, SIDE, BEHIND, ¼ TURN, STEP ½ TURN, STEP, TOGETHER**

- 2&3        Cross rock right over left, recover weight onto left, step right to right side
- 4&5        Cross left over right, step right to right side, cross left behind right
- 6-7&      Make ¼ turn right stepping right forward, step forward on left, pivot ½ turn right
- 8&        Step forward on left, close right next to left

## **ROCK, RECOVER, BACK LOCK, BACK, BALL CROSS, SIDE, SAILOR ¼ TURN**

- 1-2        Rock forward onto left, recover weight onto right
- &3-4        Step back to left diagonal, lock right over left, step back to left diagonal
- &5-6        Step on ball of right foot, cross left over right, step right to right side
- 7&8        Cross left behind right, make ¼ turn left stepping right to right side, recover weight onto left

## **ROCK RECOVER, 1 ½ TURNS RIGHT, STEP PIVOT ¼ TURN RIGHT, CROSSING SHUFFLE**

- 1-2        Rock forward onto right, recover weight onto left
- 3&4        Make ½ turn right stepping forward on right, make ½ turn right stepping back on left, make ½ turn right stepping forward on right (alternative shuffle ½ turn)
- 5-6        Step forward on left, pivot ¼ turn right
- 7&8        Cross left over right, step right to right side, cross left over right

## **REPEAT**

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