

Higher Ground

COPPER KNOB
STEPSHEETS

拍数: 72 墙数: 2 级数: Improver
编舞者: Amy Christian (USA) - August 2011
音乐: Higher Ground - UB40



Intro: Start when Drums Start. (Right after the lyrics "Higher Ground". Approximately at 0.24secs.)

S1: R SIDE MAMBO, L SIDE MAMBO, ROCK, RECOVER, TRIPLE ½,

1&2 Step R to right side, Recover on L, Step R next to L,
3&4 Step L to left side, Recover on R, Step L to next to R,
5-6 Rock forward on R, Recover on L,
7&8 Triple ½ turning right, R,L,R, (6:00),

S2: L SIDE MAMBO, R SIDE MAMBO, ROCK, RECOVER, ¼ SIDE SHUFFLE,

1&2 Step L to left side, Recover on R, Step L next to R,
3&4 Step R to right side, Recover on L, Step R next to L,
5-6 Rock forward on L, Recover on R,
7&8 ¼ Turn left, shuffle to left side, (9:00),

S3: WEAVE LEFT,

1-4 Step R across L, Step L to left side, Step R behind L, Step L to left side,

S4-S6: Repeat the above 20 counts again, which is,....

**R SIDE MAMBO, L SIDE MAMBO, ROCK, RECOVER, TRIPLE ½,
L SIDE MAMBO, R SIDE MAMBO, ROCK, RECOVER, ¼ SIDE SHUFFLE,
WEAVE LEFT,**

S7: STEP BUMP & BUMP, STEP BUMP & BUMP, ROCK, RECOVER, ¼ SIDE SHUFFLE,

1&2 Step R forward and Double Bump,
3&4 Step L forward and Double Bump,
5-6 Rock forward on R, Recover on L,
7&8 ¼ Turn right, Side Shuffle, (9:00),

S8: CROSS ROCK SIDE, CROSS ROCK SIDE, STEP, PIVOT ½, STEP PIVOT ½,

1&2 Rock L over R, Recover on R, Step L to left side,
3&4 Rock R over L, Recover on L, Step R to right side,
5-6 Step forward on L, Pivot ½ turn right on R, (3:00),
7-8 Step forward on L, Pivot ½ turn right on R, (9:00),(Option – do a Rocking Chair on counts 5-8)

S9: KICKBALL STEP, KICKBALL STEP, DOUBLE BUMP, HIP ROLL,

1&2 Kick L forward, Step on ball of L, Step forward on R, (moving forward),
3&4 Kick L forward, Step on ball of L, Step forward on R, (moving forward),
5&6 Step L to left side as you bump left, twice,
7-8 Roll hips counter clockwise, weight ending on L,

S10: TRIPLE FWD, TRIPLE FWD, 1/8 HIP ROLLS,

1&2 Triple forward, R,L,R,
3&4 Triple forward, L,R,L,
5-6 1/8 pivot turning left, R, L,(4:00),
7-8 1/8 pivot, turning left, R,L, (6:00),

Begin again!!!

