

High Life

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Séverine Fillion (FR) - November 2014
音樂: High Life - Brad Paisley : (Album: Moonshine In The Trunk, 2014)



[1-8] SHUFFLE FWD, MAMBO STEP FWD, COASTER STEP, STEP 1/4 TURN CROSS

1&2 Triple step right, left, right fwd
3&4 Rock step left fwd, recover on right, left step back
5&6 Right step back, left next to right, right step fwd
7&8 Left step fwd, turn ¼ right (weight on right), left cross over right 3 :00

[9-16] WEAVE TO RIGHT, SIDE MAMBO, RIGHT TOE HEEL SWIVEL

1&2& Right to right, left cross behind right, right to right, left cross over right
3&4 Rock step right to right, recover on left, right next to left
5&6 Swivel : Right toe to the right, right heel to the right, right toe to the right
7&8 Recover in swivel : Right toe to the left, right heel to the left, right toe to the left (Keep weight on left)

* Restart here on 3rd wall

[17-24] HEEL TOUCH FWD, TOE TOUCH BACK, SHUFFLE FWD (RIGHT & LEFT)

1-2 Touch right heel fwd, touch right toe back
3&4 Triple step right, left, right fwd
5-6 Touch left heel fwd , touch left toe back
7&8 Triple step left, right, left fwd

[25-32] ROCKING CHAIR, STEP 1/2 TURN STEP, SIDE, TOE BACK, SIDE, KICK, COASTER STEP

1&2& Rock step right fwd, recover on left, rock step right back, recover on left
3&4 Right step fwd, turn ½ left (weight on left), right step fwd 9 :00
5& Left step to the left, touch right toe behind left
6& Right step to the right, left Kick diagonally left
7&8 Left step back, right next to left, left step fwd

Start again and enjoy !

RESTART : After 16 counts on 3rd wall (at 9 :00) Restart the dance at the beginning

TAG : At the end of wall 6 (at 12 :00), add 2 counts (music will help you!) :
walk right fwd, walk left fwd, then Restart the dance at the beginning

FINAL : On wall 10 (you'll be at 6 :00) : To finish facing front, after the count 22
(touch left toe back), turn ½ left !