# **High Times**



拍數: 32 編數: Beginner / Improver

編舞者: Ann Helmore (UK) - June 2015

音樂: High Time - Kacey Musgraves: (CD: Pageant Material)



Note: you only get one word intro 'It's' to get weight onto left foot, then start on the word 'High'

## Right Side Step, Together, Step Forward, Hold, Left Side Step, Together, Step Forward, Hold

1-2	Step Right foot to right	side Step Le	eft foot next to right
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3-4 Step right foot forward, Hold

5-6 Step Left foot to left side, Step right foot next to left

7-8 Step left foot forward, Hold

### Step Back, Sweep, Step Back, Sweep, Back, Lock, Back, Hold

1-2	Step back on right foot, Sweep left foot out and back
3-4	Step back on left foot, Sweep right foot out and back
5-6	Step back on right foot, Lock step left foot back across right
7-8	Step back on right foot, Sweep left foot out and back

### Step Back, Sweep, Step Back, Sweep, Coaster Step, Hold

1-2	Step back on left foot, Sweep right foot out and back
3-4	Step back on right foot, Sweep left foot out and back
5-6	Step back on left foot, Step right foot next to left
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7-8 Step forward on left foot, Hold

### Side Rock, Recover Step Forward, Rock Forward, Recover, 1/4 Turn, Touch

1-2	Rock step	right foot to	right side, Recover	weight on left foot
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3-4 Step forward on right foot across left, Hold

5-6 Rock forward on left foot, Recover weight onto right foot

7-8 Turning ¼ turn left, step left foot to left side, Touch right toe next to left foot

#### Start again. Enjoy the music!

TAG! □At the end of the 8th wall you will be facing the front (12 o'clock), there is a short 4 count break in the music. Do the following:

1-2 Step right foot to right side, Touch left next to right3-4 Step left foot to left side, Touch right next left

Optional Ending: The music slows to the end as you reach the end of the first 8 counts of the dance facing the back (6 o'clock wall).

Touch right foot behind left and unwind a half turn to the right to face the front with weight on right foot.

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