

High Class

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Metzger (USA) - April 2016
音樂: High Class - Eric Paslay



[1-8] Body Roll Left, Body Roll Right, Step Together, Step Side, Touch In, Touch Out, Hold, Ball, Cross

- 1, 2 Move right hand from right to left across chest leading shoulders to left and hips follow (weight to left foot) (go down into your knees – it's more fun!)
- 3, 4 Move left hand from left to right across chest leading shoulders to right and hips follow (weight to right foot) (go down into your knees here too!)
- &5&6 Step left foot together, Step right foot to side, Touch left foot together, Touch left foot to side
- 7&8 Hold, Step ball of left foot together, Cross right over left

[9-16] Scissors Step, Point, Touch Behind, Unwind, Wind, Point, Clap, Clap

- 1&2 Step left foot to side, Step right foot together, Cross left over right
- 3, 4 Point right foot to side, Touch right foot behind left
- 5, 6 Unwind ½ to right taking weight to right foot (6:00), "Rewind" ½ left taking weight back to left foot (12:00)
- 7&8 Point right foot to side, Clap, Clap

[17-24] ¼ Pivot, ¼ Pivot, Rock, Recover, Step Together, Shuffle Forward

- 1, 2 Step right foot forward, Pivot ¼ left and take weight to left foot (9:00)
- 3, 4 Step right foot forward, Pivot ¼ left and take weight to left foot (6:00)
- 5, 6& Rock right foot forward, Recover to left foot, Step right foot together
- 7&8 Shuffle forward left foot, right foot, left foot

[25-32] Heel Dig with ¼ Turn, Coaster Step, Scuff, Hitch, Stomp, Heel Swivel, Heel Swivel

- 1, 2 Step forward on right heel, Turn ¼ right and step left foot back (9:00)
- 3&4 Step back on right foot, Step left foot together, Step right foot forward
- 5&6 Scuff left foot forward, Hitch left foot next to right knee, Stomp left foot down (a bit wider than shoulder width)
- 7&8& Swivel right heel in, Swivel right heel out, Swivel left heel in, Swivel left heel out

Restart: After sixteen counts on wall 2, Restart from the beginning.

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Last Update - 8th June 2016