

# Highs & Lows

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Anne Herd (AUS) & Travis Taylor (AUS) - December 2017  
音樂: Highs & Lows - Emeli Sandé : (CD: Long Live the Angels - Deluxe - iTunes - 3:14)



**Intro: Start eight beats in weight on left**

## **S1: CROSS SIDE SAILOR HEEL & CROSS, SIDE, SAILOR 1/4 L**

1-2            Cross R over L, Step L to L side  
3&4&        Step R behind L, Step L to L side, Touch R heel on R, Step R together  
5-6            Cross L over R, Step R to R side  
7&8            Step L behind R, Step R to R side, 1/4 L Step L fwd. - 9:00

## **S2: 1/4 R SIDE DRAG, BEHIND SIDE CROSS, SIDE TOUCH, & TOUCH, BALL CROSS**

1-2            1/4 L Long Step R to R side whilst dragging L, Hold but continue the drag  
3&4            Step L behind R, Step R to R side, Cross L over R  
5-6            Step R to R side, Touch L next to R  
&7            Step L to L side, Touch R next to L  
&8            Step R to R side, Cross L over R - 6:00

## **S3: 1/4 TURN, SIDE ROCK, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD**

1-2            Rock R to R side, Recover to L whilst turning 1/4 L  
3&4            Shuffle fwd. RLR  
5-6            Turn 1/2 R stepping back on L, Turn further 1/2 R, stepping fwd. on R  
7&8            Shuffle fwd. stepping LRL - 3:00

## **S4: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, HEEL, & HEEL, & PIVOT 1/4 L**

1-2&        Press/rock R forward with slight upper body roll, Recover L, Step R beside L  
3-4&        Press/rock L forward with slight upper body roll, Recover R, Step L beside R  
5&6&        Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R  
7-8        Step R fwd. 1/4 L Pivot weight on L - 12:00

## **S5: CROSS BACK, BACK LOCK BACK, ROCK BACK/REPLACE, LOCK SHUFFLE FWD**

1-2            Cross R over L, Step back on L popping R knee fwd.  
3&4            Step R back, Lock L over R, Step back on R  
5-6            Rock back on L popping R knee fwd. Replace weight on R dropping R heel  
7&8            Step L fwd. Lock R behind L, Step L fwd.

## **S6: STOMP, HOLD, STOMP HOLD, & TOUCH & TOUCH & CROSS SHUFFLE**

1-2            Stomp R to side, Hold  
3-4&        Stomp L to side, Hold, Step R beside L  
5&6        Touch L slightly in front of R, Step L beside R, Touch R slightly in front of L  
&7&8        Step R beside L, Cross shuffle L over R

## **S7: 1/4 L BACK SWEEP, BEHIND SIDE CROSS □X 2**

1-2            1/4 L Step R back whilst sweeping L around for 2 Counts  
3&4            Step L behind R, Step R to R side, Cross  
5-6            1/4 L Step R back whilst sweeping L around for 2 Counts  
7&8            Step L behind R, Step R to R side, Cross

## **S8: (ROCK & ROLL) ROCK FORWARD, 1/2 TURN R, 1/2 TURN R, ROCK BACK, KICKBALL STEP**

1-2-3-4      Rock R fwd. Recover to L, Turn 1/2 R, stepping fwd. on R, Turn further 1/2 R stepping back on L

5-6-7&8      Rock back on R, Recover to L, Kick R fwd. Step R beside L, Step fwd. on L

**Restart: On wall 3, dance to count 32 and Restart dance**

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