

Natural High

拍數: 68 牆數: 2 級數: Phrased Intermediate
編舞者: Tan Candy (SG) - March 2017
音樂: Natural High (自然嗨) (feat. GBOYSWAG (鼓鼓)) - Della Wu (丁噹)



Start after 32 counts - Sequence: BAA, BAA, BAB*B

A (32 counts)

Section A1: □ Fwd Mambo. Back Mambo. Kick & Point &. Out In Step With Sweep. (12:00)

1&2 Rock fwd on R. Recover weight on L. Step R back.
3&4 Rock back on L. Recover weight on R. Step L fwd.
5&6& Kick R fwd. Step R beside L. Touch L to L side. Step L beside R.
7&8 Touch R to R side. Touch R beside L. Step R to R side & sweep L

Section A2: □ Coaster ¼ Turn. Fwd Lock Step. 1/8 Turn Fwd With Touch x2. 1/8 Turn Side Touch x2. (3:00)

1&2 Turn ¼L (9) & step L back. Step R beside L. Step L fwd.
3&4 Step R fwd. Lock L behind R. Step R fwd.
56 Turn 1/8L (7:30) & step L fwd touching R beside L. Turn 1/8L (6) & step R fwd touching L beside R.
7&8& Turn 1/8L (4:30) & step L to L side. Touch R beside L. Turn 1/8L (3) & step R to R side. Touch L beside R.

Section A3: □ L Dorothy. Out Out. Fwd Mambo. Touch ¼ Turn. (12:00)

12& Step L fwd to L diagonal. Lock R behind L. Step L fwd to L diagonal.
34 Step R to R side. Step L to L side.
5&6 Rock fwd on R. Recover weight on L. Step R back.
78 Touch L back. Turn ¼L (12) & take weight on L.

Section A4: □ Out Out Toe Struts. Jazz Box ½ Turn. (6:00)

1234 Touch R to R diagonal. Drop R heel taking weight. Touch L to L diagonal. Drop L heel taking weight.
5678 Cross R over L. Turn ¼R (3) & step L back. Turn ¼R (6) & step R to R side. Step L beside R.

B (36 counts)

Section B1: □ Jump RL. Cross Rock Side. Shoulder Pops. (12:00)

12 Jump to R & touch L beside R. Jump to L & touch R beside L.
(Option: Jump & land on both feet.)
3&4 Cross rock R over L. Recover weight on L. Step R to R side.
5&67&8 Pop shoulders RLR. Pop shoulders LRL.

Section B2: □ Pivot ½ Turn. Pivot ½ Turn Side. Heel Swivels. (12:00)

12 Step R fwd. Turn ½L (6) & step L fwd.
3&4 Step R fwd. Turn ½L (12) & step L fwd. Step R to R side.
5&67&8 Swivel heels RLR. Swivel heels LRL.

Section B3: □ Back Rock With Hitch. Back Rock Back With Hitches. Coaster Step. Skate x2. (12:00)

12 Rock back on R & hitch L. Recover weight on L.
3&4 Rock back on R & hitch L. Recover weight on L. Rock back on R & hitch L.
5&6 Step L back. Step R beside L. Step L fwd.
78 Skate RL.

Section B4: □ Side Touch With Body Roll x2. Cross Hold. Unwind Full Turn. (12:00)

1234 Step R to R side with body roll. Touch L beside R. Step L to L side with body roll. Touch R beside L.

5678 Cross R over L. Hold. Unwind full turn L over 2 counts taking weight on L.

Section B5: □ Side. Hold/Pose. (12:00)

1234 Step R to R side. Hold/Pose for 3 counts transferring weight to L.

B* (32 counts)

Dance B up to count 30 then unwind ½ turn L over 2 counts taking weight on L to face 12 o'clock.

Contact: <http://www.candy6jan.weebly.com/>
