

The Most High

拍數: 64 牆數: 4 級數: Improver
編舞者: Sally Hung (TW) - September 2017
音樂: Самая самая - Егор Крид



Sequence of dance: After finishing 44 counts of Wall 3, restart facing 3:00

Intro: 32 counts

S1. HEEL TOGETHER, HEEL TOGETHER, HEEL HEEL, FWD, PIVOT ¼ L, FWD, PIVOT ¼ L

1&2&3,4 Tap R heel fwd, step R beside L, tap L heel fwd, step L beside R, tap R heel fwd twice

5,6,7,8 Step R fwd, pivot ¼ turn L, step R fwd, pivot ¼ turn L

S2. SWINGING CHARLESTON, KICK BALL POINT X2

1,2,3,4 Touch R toe fwd, with a slight swing stepping R back, touch L toe back, step L fwd

5&6,7&8 Kick R fwd, step on ball of R, touch L toe to the L, kick L fwd, step on ball of L, touch R toe to the R

S3. VINE R WITH TOUCH (SHIMMY OR SHOULDER SHAKE), VINE L WITH TOUCH (SHIMMY OR SHOULDER SHAKE)

1,2,3 4 Step R to R side, cross step L behind R, step R to R side, touch L beside R

(with shimmy or shoulder shake from the beginning)

5,6,7,8 mirror step of 1-4

S4. SWAY RLRL, JAZZ BOX WITH ¼ TURN R

1,2,3,4 Step R to R side swaying RLRL

5,6,7,8 Cross R over L, turn ¼ R stepping L back, step R to R side, step L fwd

S5. SIDE, BEHIND, ¼ R, ¼ R, ¼ R, ¼ R, STEP, HOP-STOMP

1,2,3,4 Step R to R side, cross step L behind R, turn ¼ R stepping R fwd, turn ¼ R stepping L fwd

5,6,7,8 Turn ¼ R stepping R fwd, turn ¼ R stepping L fwd, step R in place, hop and stomp with both feet in place

S6. FWD TOUCH, BACK TOUCH, FWD KICK, BACK POINT

1,2,3,4 Step R fwd, touch L beside R, step back on L, touch R beside L

5,6,7,8 Step R fwd, kick L fwd, step back on L, touch R back

S7. SIDE ROCK RECOVER, BACK ROCK RECOVER, PADDLE FULL TURN

1,2,3,4 Rock R to R side, recover onto L, rock R back, recover onto L

5&6&7&8& Touch R toe fwd and paddle ¼ turn L, take weight on L, touch R toe fwd and paddle ¼ turn L, take weight on L, touch R toe fwd and paddle ¼ turn L, take weight on L, touch R toe fwd and paddle ¼ turn L touching R beside L

S8. POINT POINT SIDE DRAG , POINT POINT SIDE DRAG

1,2,3,4 Touch R toe to R side, touch R beside L, big step to the R, drag L toward R

5,6,7,8 Touch L toe to L side, touch L beside R, big step to the L, drag R toward L

Happy Dancing!

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