

High Ground

COPPER KNOB
STEPSHETS

拍數: 24 牆數: 4 級數: Beginner
編舞者: Conrad Farnham (USA) - September 2017
音樂: High Ground - The Shana Stack Band



TOE, SCUFF, STOMP X 2, BACK TOE, HEEL X 4

1&2,3&4 Point right toe down and out to the right side, scuff right heel, stomp right in place, point left toe down and out to the left side, scuff left heel, stomp left in place
5&6&7&8& Step right back on ball of foot, step down on right heel, step left back on ball of foot, step down on left heel, repeat

ROCK, RECOVER, CROSS, PADDLE ¼ LEFT WITH LEFT COASTER STEP

1&2,3&4 Rock right to right side, recover weight on left, cross right over left, rock left to left side, recover weight on right, cross left over right
5&6,7&8 Push right out to right side x 2 finishing with a ¼ turn left, step back left, step back right, bring left forward

SHUFFLE FORWARD ½ TURNS X 2, SYNCOPATED ROCKING CHAIR X 2

1&2,3&4 Shuffle forward turning ½ turn over left shoulder, right, left, right, shuffle forward turning ½ turn over left shoulder left, right, left
5&6&7&8& Rock forward on right, recover weight on left, rock back on right, recover weight on left, repeat

Begin again

No Tags, No Restarts

Last Update – 23rd Sept. 2017
