

# High On Me

COPPER KNOB  
STEP SHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Carolyne SABATIER (FR) - November 2017  
音樂: High on Me - Guy Sebastian



Count In: Start 4 counts

**[1-8] Diagonal R stomp – Knees Pop- Behind Side Cross- Diagonal L Stomp- Heels Swivel - Coaster L**

1&2      On R Diagonal Stomp R (1), Knees pop (&), recover weigh on L foot (2), 12.00  
3&4      Cross R behind L (3), side step on L (&), cross R over L (4) 12.00  
5&6      On L diagonal stomp L (5), swivel heels to the left (&), recover on the center weight on R foot (6) 12.00  
7&8      Back step on L (7), R beside L (&), L step forward (8) 12.00

**[9-16] R Rock Fwd- Heel Grind ¼ turn L- Toes & Heels switches**

1 2      Rock R forward (1), recover weigh on L (2), 12.00  
&3 4      R next to L (&), L heel Grind (&), ¼ turn L back step on R (4) 09.00  
&5&6      L next to R (&), point R to R side (5), R net L (&), point L to L side (6), 09.00  
&7&8      L next to R (&), Dig R heel forward (7), R next to L (&), dig L heel Forward (8) 09.00

**[17-24] Walk R & L Triple – Walk L & R Triple describe ¾ circle**

&1 2      L next to R (&), walk R (1), walk L (2) 09.00  
3&4      Step R forward (3), L beside R (&), step R forward (4) with ¼ turn R 12.00  
5 6      walk L (5), walk R (6) with ¼ turn right 03.00  
7&8      L step forward (7), R beside L (&), step L forward (8) with ¼ turn R 06.00

**[25-32] Side Triple- ¼ Turn L Side Triple- Syncopated Jazz Box with Cross Triple**

1&2      R side step (1), L beside R (&), R side step (2), 06.00  
3&4      ¼ turn L side step on L (3), R beside L (&), L side step (4), 03.00  
5 6      cross R over L (5), back step on L (6) 03.00  
&7&8      ball side on R (&), cross L over R (7), R side step (&), cross L over R (8) 03.00

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ENJOY..... With BIG SMILE !!!!!