

So High

COPPER KNOB
STEPSHEETS

拍數: 64

牆數: 2

級數: Intermediate / Advanced - Pop /
Cha



編舞者: Maria Maag (DK) - June 2018

音樂: So High (feat. Norma Jean Martine) - Aslove

Intro: 16 counts (approx 8 sec into track)

Note: On every chorus when they sing...SO HIGH, get on ball of both feed on HIGH (count 3 in the first 8 section and count 3 in the 3rd 8 section)

Ending: After wall 6, step R to R (1)...The End :-)

[1 – 8] Step R to R, close L next to R, cross R over L, lock fw. L, step ½ turn L, kick ball

- 1-2-3 step R to R (1), close L next to R (2), cross R over L (in chorus: on ball of both feed) (3)
10:30
- 4&5 step fw. L (4), lock R behind L (&),step fw. L (5) 10:30
- 6-7 step fw. R (6), ½ L stepping down L (7) 04:30
- 8& kick R fw. (8), step R next to L (&) 04:30

[9 – 16] Point L to L, hip bump L + R, sailor ¼ L, rock fw. R recover L, back R, turn ¾ L

- 1-2-3 point L to L weight stays on R(1), hip bump L (2), hip bump R (3) 04:30
- 4&5 cross L behind R (4), ¼ L stepping R to R (&), ¼ L stepping down L (5) 01:30
- 6-7 rock fw. R (6), recover L (7) 01:30
- 8& step back R (8), ¾ L stepping down L (&) 09:00

[17 – 24] Step fw. R, hold, ball step fw. R, lock fw. L, step ¼ L , weave L

- 1-2&3 step fw. R (1), hold (2), step L next to R (&), step fw. R (in chorus: on ball of both feed) (3)
09:00
- 4&5 step fw. L (4), lock R behind L (&), step fw. L (5) 09:00
- 6-7 step fw. R (6), ¼ L stepping down L (7) 06:00
- 8& cross R over L (8), step L to L (&) 06:00

[25 – 32] Cross R behind L, rock L to L with hip sway, recover R, behind side cross, step R to R, ¼ L together R, pop R knee, cross rock R over L

- 1-2-3 cross R behind L (1), rock L to L with hip sway (2), recover R (3) 06:00
- 4&5 cross L behind R (4), step R to R (&), cross L over R (5) 06:00
- 6-7 step R to R (6), ¼ L stepping L next to R and pop R knee (7) 03:00
- 8& Cross rock R over L (8), recover L (&) 03:00

[33 – 40] 4 x Reverse paddle turns ½ R, monterey ½ L triple step

- 1&2& Touch R to R (1), recover L ½ R (&), touch R to R (2), recover L ½ R (&) 06:00
- 3&4 Touch R to R (3), recover L ½ R (&), ½ R stepping R to R (4) 09:00
- 5-6 Point L to L (5), ½ L on R stepping L next to R (6) 03:00
- 7-8& Point R to R (7), step R next to L (8), step R next to L (&) 03:00

[41 – 48] Shake / hip bump ¼ L, back rock recover side, spiral ½ turn R, chasse R

- 1&2& Place R fw. start shake upper body with hip bump fw, R and turn ¼ L (1), recover L (&),
repeat count 1& (2&) 12:00
- 3&4 Shake/hip bump R (3), recover L (&) step down R (4) 12:00
- 5-6 Rock back L (5), recover R (6) 12:00
- 7-8& Step L to L and spiral on L ½ R (7), step R to R (8), step L next to R (&) 06:00

[49 – 56] ¼ R Step R Hitch L ¼ R hold, lock fw. L, rock R fw., chasse R

- 1-2-3 ¼ R Stepping down R start hitching L (1), ¼ R on R continue hitching L (2), hold (3) 12:00

4&5 step fw. L (4), lock R behind L (&), step fw. L (5) 12:00
6-7 rock fw.R (6), recover L (7) 12:00
8& step R to R (8), step L next to R (&) 12:00

[57 – 64] Step R to R, cross L, turn ¼ L sweep L back, sailor ¼ L, rock R fw. recover L, triple on the spot

1-2-3 Step R to R (1), cross L over R (2), ¼ L stepping down R sweeping R back (3) 09:00
4&5 cross L behind R (4), ⅛ L stepping R to R (&), ⅛ L stepping down L (5) 06:00
6-7 rock fw. R (6), recover L (7) 06:00
8& step R next to L (8), step L next to R (&) 06:00

Have fun and Enjoy...:-)

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