

# High Hopes

COPPER KNOB  
STEPSHEETS

拍數: 50      牆數: 2      級數: Improver  
編舞者: Ron Tate (UK) - April 2019  
音樂: Better Than Today - Don Williams : (CD: And So It Goes - iTunes & Amazon)



Count in: Dance starts on vocals

Tags/Restarts: 1 Restart during Wall 2 after count 24 facing 6 o'clock

## S1: Walk Forward, Shuffle, Mambo, Sweep Back (x2)

1 - 2      Walk Forward (R), Walk Forward (L)  
3 & 4      Step Forward (R), Step (L) Next To (R), Step Forward (R)  
5 & 6      Rock Forward (L), Rock Back (R), Step (L) Next To (R)  
7 - 8      Sweep (R) Back Behind (L), Sweep (L) Back Behind (R)

## S2: Coaster, Shuffle, Touch, Step Back, Sailor Turn

1 & 2      Step Back (R), Step (L) Next To (R), Step Forward (R)  
3 & 4      Step Forward (L), Step (R) Next To (L), Step Forward (L)  
5 - 6      Touch (R) Toe Forward, Sweep (R) Behind (L) & Stepping Back (R)  
7 & 8      Cross (L) Behind (R) Making ¼ Turn (L), Step (R) To Side, Step (L) In Place - 9 O'clock

## S3: Step, Turn, Cross, ¼ Turn, ¼ Turn, Cross, Side Rocks Cross (x2)

1 & 2      Step Forward (R), ¼ Turn (L), Cross (R) Over (L) 6 O'clock  
3 & 4      Make A ¼ Turn (R) Stepping Back (L), Make A ¼ Turn (R) Stepping (R) To Side, Cross (L) Over (R) 12 O'clock  
5 & 6      Side Rock (R), Side Rock (L), Cross (R) Over (L)

**Nb. The Dance Ends At This Point Facing The 12 O'clock Wall**

7 & 8      Side Rock (L), Side Rock (R), Cross (L) Over (R)

**Restart: During Wall 2 Facing 6 O'clock**

## S4: ¼ Turn, ¼ Turn, Cross Mambo (x2), Step, Turn

1      Make A ¼ Turn (L) Stepping Back (R) 9 O'clock  
2      Make A ¼ Turn (L) Stepping (L) To Side 6 O'clock  
3 & 4      Cross Rock (R) over (L), Rock Back (L), Step (R) to SIDE  
5 & 6      Cross Rock (L) over (R), Rock Back (R), Step (L) to SIDE  
7 - 8      Step Forward (R), Pivot ½ Turn (L) 12 O'clock

## S5: Shuffle, ½ Turn, ½ Turn (or 2x Walks), Shuffle Turn, Coaster

1 & 2      Step Forward (R), Step (L) Next To (R), Step Forward (R)  
3      Make A ½ Turn (R) Stepping Back (L) 6 O'clock  
4      Make A ½ Turn (R) Stepping Forward (R) 12 O'clock

**Easier Option: Walk Forward (L), Walk Forward (R)**

5 & 6      Shuffle ½ Turn (R) Stepping (L R L) 6 O'clock  
7 & 8      Step Back (R), Step (L) Next To (R), Step Forward (R)

## S6: Cross, Back, Turn, Cross Shuffle, Toe Touches (Out-In-Out), Behind, Turn, Step, Toe Touches (Out-In-Out)

1 & 2      Cross (L) Over (R), Step Back (R), Turn ¼ (L) Stepping (L) To Side 3 O'clock  
3 & 4      Cross (R) Over (L), Step (L) To Side, Cross (R) Over (L)  
5 & 6      Touch (L) Toe To Side, Touch (L) Toe Next To (R), Touch (L) Toe To Side  
7 & 8      Cross (L) Behind (R), Make A ¼ Turn (R) Stepping (R) To Side, Step Forward (L) 6 O'clock  
  
1 & 2      Touch (R) Toe To Side, Touch (R) Toe Next To (L), Touch (R) Toe To Side

## REPEAT STEPS

E-mail address: [CLUBJR98@gmail.com](mailto:CLUBJR98@gmail.com)  
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