

High Hopes

拍數: 48 牆數: 2 級數: Phrased High Beginner
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音樂: High Hopes - Panic! At the Disco



Introduction: 8 counts (on lyrics) Sequence: AABBC AABBC AAAA

Part A :

[1-8] CRISS CROSS, R HEEL FAN, SIDE TOGETHER SIDE TOUCH x2

1&2 Jump apart shoulder wide, jump/cross RF over LF, jump apart shoulder wide (weight on LF)
3&4 Swivel R heel in, swivel R heel parallel, swivel R heel in
5&6& Step RF side, step LF together, step RF side, touch R toe together
7&8& Step LF side, step RF together, step LF side, touch L toe together

Option without jumps :

1&2 Touch RF side, kick/cross RF over LF, touch RF side

[9-16] SIDE TOUCH x4 TURNING L, OUT OUT, SLIDE IN, HOLD

1&2& .. 1/4 turn L.. step RF side, touch L toe together, step LF side, touch R toe together
3&4& .. 1/4 turn L.. step RF side, touch L toe together, step LF side, touch R toe together
5& Step RF side & R hand up (« high »), step LF side & L hand up (« high »)
6 HOLD & lower hands down in a circle
7-8 Slide RF together & join hands in a prayer (« hopes »), HOLD

Part B :

[1-8] BUMP RLR, FWD MAMBO, STEP BACK x2, COASTER STEP

1&2 Step RF forward & bump R hip forward, bump L hip back, bump R hip forward
3&4 Rock step LF forward, recover on RF back, step LF back
5-6 Step RF back, step LF back
7&8 Step RF back, step LF together, step RF forward

[9-16] STEP LOCK STEP x2, FWD MAMBO 1/2 L, FWD MAMBO TOUCH

1&2 Step LF forward, lock RF behind LF, step LF forward
3&4 Step RF forward, lock LF behind RF, step RF forward
5&6 Rock step LF forward, recover on RF back, ..1/2 turn L.. step LF forward
7&8 Rock step RF forward, recover on LF back, touch R toe together

Part C :

[1-8] NIGHTCLUB BASIC x2, WALK AROUND R-L-RLR FULL TURN R

1-2& Big step RF side, slide LF behind RF, cross RF over LF
3-4& Big step LF side, slide RF behind LF, cross LF over RF
5-6 Following counts in a circle to R : ..1/4 turn R.. step RF forward, ..1/4 turn R.. step LF forward
7&8 .. 1/4 turn R.. step RF forward, ..1/4 turn R.. step LF side, cross RF over LF

[9-16] NIGHTCLUB BASIC x2, WALK AROUND L-R-LRL FULL TURN L

1-2& Big step LF side, slide RF behind LF, cross LF over RF
3-4& Big step RF side, slide LF behind RF, cross RF over LF
5-6 Following counts in a circle to L : ..1/4 turn R.. step LF forward, ..1/4 turn R.. step RF forward
7&8 .. 1/4 turn R.. step LF forward, ..1/4 turn R.. step RF side, cross LF over RF

Have FUN, Good luck !!