

So High

拍數: 32 牆數: 4 級數: Improver
編舞者: Matthew Kim - August 2020
音樂: So High - Fly Project



Intro 16 Counts (start the dance on beat 17 before the vocal)

****2 Simple 32-count Tags, No Restarts**

Dance Sequence: M, M, A, M, M, M, A, M, B, B*, M

Main Dance (32 Counts)

M1: lock Shuffle R-L-R lock Shuffle L-R-L Point R, Touch R Side R/Touch L, Hold

1&2 Step forward on RF(1), Lock LF behind RF(&), Step forward on RF(2)
3&4 Step forward on LF(3), Lock RF behind LF(&), Step forward on LF(4)
5, 6 Point RF to right side(5), Touch RF next to LF(6)
7, 8 Jump to right side and as you land on RF touch LF next to RF (weight on RF)(7), Hold(8)

M2: CrossL 1/8LbackR BackL BehindR 1/8LsideL XR side MamboL-R-L side MamboR-L-R

1&2 Cross LF over RF(1), 1/8 turn left and step back on RF(&), Step back on LF and Hitch RF(2) (10:30)
3&4 Cross RF behind LF(3), 1/8 turn left and step LF to left side(&), Cross RF over LF(4) (9:00)
5&6 Rock LF to left side(5), Recover on RF(&), Step LF together next to RF(6)
7&8 Rock RF to right side(7), Recover on LF(&), Step RF together next to LF(7)

M3: OutL, OutR InL, InR 1/4L cross SambaL-R-L cross SambaR-L-R

1, 2 Step LF out to left diagonal forward(1), Step RF out to right(2)
3, 4 Step LF back and centre(7), Step RF together next to LF(4)
5&6 1/4 turn left and cross LF over RF(5), Rock RF to right side(&), Recover on LF(6) (6:00)
7&8 Cross RF over LF(7), Rock LF to left side(&), Recover on RF(8)

M4: cross ShuffleL-R-L 1/4Lback lock ShuffleR-L-R Back/HipL, RecoverR Toe/HipL, StrutL

1&2 Cross LF over RF(1), Step RF slightly to right side(&), Cross LF over RF(2)
3&4 1/4 turn left and step back on RF(3), Lock LF over RF(&), Step back on RF(4) (3:00)
5, 6 Rock back on LF and push left hip back (5), Recover on RF(6)
7, 8 Touch left toe forward and bump hip left(7), bring hip to centre and step down on LF(8)

Tag A: 32 Counts facing 6:00 at the end of Wall 2 and facing 3:00 at the end of Wall 5

A1: lowHitchR, dForwardR lowHitchL, dForwardL lowHitchR, dForwardR InPlaceL-R-L-R

1, 2 Hitch RF slight above the floor(1), Step down on RF right diagonal forward(2)
3, 4 Hitch LF slight above the floor(3), Step down on LF left diagonal forward(4)
5, 6 Hitch RF slight above the floor(5), Step down on RF right diagonal forward(6)
7&8& Step in place shoulder width apart LF-RF-LF-RF

A2: lowHitchL, dBackL lowHitchR, dBackR lowHitchL, dBackL InPlaceR-L-R-L

1, 2 Raise LF slight above the floor(1), Step down back left diagonal on LF(2)
3, 4 Raise RF slight above the floor(3), Step down back right diagonal on RF(4)
5, 6 Raise LF slight above the floor(5), Step down back left diagonal on LF(6)
7&8& Step in place shoulder width apart RF-LF-RF-LF

A3: lowHitchR, dForwardR lowHitchL, dForwardL lowHitchR, dForwardR InPlaceL-R-L-R (Same as A1)

A4: lowHitchL, dBackL lowHitchR, dBackR lowHitchL, dBackL Chest Pumps

- 1, 2 Raise LF slight above the floor(1), Step down back left diagonal on LF(2)
- 3, 4 Raise RF slight above the floor(3), Step down back right diagonal on RF(4)
- 5, 6 Raise LF slight above the floor(5), Step down back left diagonal on LF(6)
- 7&8 Do chest pumps with fits in front of the chest

Tag B: 32 Counts during the female chorus of the music at the end of Wall 6 facing 6:00

B1: SkateR, TouchL SkateL, TouchR SkateR, TouchL SkateL, TouchR

- 1, 2 Skate RF right diagonal forward(1), Touch LF next to RF(2)
- 3, 4 Skate LF left diagonal forward(3), Touch RF next to LF(4)
- 5, 6 Skate RF right diagonal forward(5), Touch LF next to RF(6)
- 7, 8 Skate LF left diagonal forward(7), Touch RF next to LF(8)

B2: dback ChasséR-L-R dback ChasséL-R-L dback ChasséR-L-R dback ChasséL-R-L

- 1&2 Step RF back right diagonal(1), step LF next to RF(&), step RF back right diagonal(2)
- 3&4 Step LF back left diagonal(3), step RF next to LF(&), step LF back left diagonal(4)
- 5&6 Step RF back right diagonal(5), step LF next to RF(&), step RF back right diagonal(6)
- 7&8 Step LF back left diagonal(7), step RF next to LF(&), step LF back left diagonal(8)

B3: SkateR, TouchL SkateL, TouchR SkateR, TouchL SkateL, TouchR

- 1, 2 Skate RF right diagonal forward(1), Touch LF next to RF(2)
- 3, 4 Skate LF left diagonal forward(3), Touch RF next to LF(4)
- 5, 6 Skate RF right diagonal forward(5), Touch LF next to RF(6)
- 7, 8 Skate LF left diagonal forward(7), Touch RF next to LF(8)

B4: dback ChasséR-L-R dback ChasséL-R-L OutR, OutL InR, InL

- 1&2 Step RF diagonally back and right(1), step LF next to RF(&), step RF diagonally back and right(2)
- 3&4 Step LF diagonally back and left(3), step RF next to LF(&), step LF diagonally back and left(4)
- 5, 6 Step RF to right side(5), step LF to left side(6)
- 7, 8 Step RF back and centre(7), step LF together next to RF(8)

***On the second time, replace last two counts of section B4 with Chest Pumps (same as 7&8 of section A4)**

- 7&8 Do chest pumps with fits in front of the chest
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