

Put Em High

拍數: 32 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - October 2020
音樂: Put Em High (feat. Therese) - Jay Hardway & Robert Falcon : (iTunes / Spotify)



(32 count intro)

[S1] R-L Side Hop-Together-Heel Twist, Step-Lock-Step-Step-Lock-Step-Fwd

- 1& Hop on L foot to the right side slightly lift R foot forward, Step R together
- 2& Twist heels to the right, Recover heels to the centre
- 3& Hop on R foot to the left side slightly lift L foot forward, Step L together
- 4& Twist heels to the left, Recover heels to the centre
- 5&6 Step forward on R foot, Lock L behind R, Step forward on R foot
- &7& Step forward on L foot, Lock R behind L, Step forward on L foot
- 8 Step forward on R foot (12:00)

[S2] 1/4R Side Rock-Back Rock-Rock Turn 1/4R-Fwd, R-L Diagonal Hop, Step-1/4L-Step-

- 1& Make a ¼ turn right rocking L foot to the left, Recover weight on R foot (3:00)
- 2& Rock back on L foot, Recover weight on R foot
- 3&4 Rock L foot to the left side, Recover weight on R foot while making a ¼ turn right, Step forward on L foot (6:00)
- 5 6 Hop diagonally forward on R, Hop diagonally forward on L foot
- 7&8 Step forward on R, Make a ¼ turn left recover weight on L foot, Step forward on R foot (3:00)

[S3] -1/2L-Out-Out, Happy Feet Sequence, Back-Together-Fwd-Chase Turn-Fwd

- 1&2 Make a ½ turn left recover weight on L foot, Step outwards on R foot, Step outwards on L foot (9:00)
- &3 Feet are shoulder length apart - Transfer weight on toes/swivel both heels out, Recover to the centre
- &4 Transfer weight on heels/swivel both toes out, Recover to the centre
- &5 Transfer weight on toes/swivel both heels out, Recover to the centre
- &6& Step back on R foot, Step L foot together, Step forward on R foot
- 7&8 Step forward on L foot, Make a ½ turn right recover weight on R foot, Step forward on L foot (3:00)

[S4] Cross-Side-Vertical Split Sequence, Recover, Side Shuffle

- 1& Cross R foot over L, Step L foot to the side
- 2& Split step on L heel forward/R toes back, Step L in place (on the spot)
- 3& Cross R foot over L, Step L foot to the side
- 4& Split step on L heel forward/R toes back, Step L in place (on the spot)
- 5 6 Split step on L heel forward/R toes back, Step L in place (on the spot)
- 7&8 Right side shuffle R-L-R (3:00)

TAG: 8 count Tag: End of Wall 4 (12:00)

- 1 2 Hop on L foot to the right side slightly lift R foot forward, Step R foot together
- 3 4 Twist heels to the right, Recover heels to the centre
- 5 6 Twist heels to the right, Recover heels to the centre (weight on R foot)
- 7 8 Step L foot to the left, Drag R foot close to L

The last wall starts 12:00, dance up to count 30 then make an L triple turn to the front.

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
Last Update - 31 Oct. 2020

