

# Highs and the Lows

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Carol Cotherman (USA) - March 2021  
音樂: Life Rolls On - Florida Georgia Line



**#16-count intro. No Tags or Restarts!**

## Modified Toe Strut Jazz Box

1-2            Step right toe across left, drop right heel taking weight to right  
3-4            Step left toe back, drop left heel taking weight to left  
5-6            Step right toe in place, drop right heel taking weight to right  
7-8            Step left heel forward, drop left ball taking weight to left

**\*Snap fingers on even counts**

## Jazz Box Cross, Vine with ½ hitch

1-2            Step right over left, step left back  
3-4            Step right in place, step left over right  
5-6            Step right to side, step left behind  
7-8            ¼ Turn right stepping right forward, ¼ turn right hitching left knee slightly over right

## Cross Walks with Hitches, Rocking Chair

1-2            Step left across right to slight right diagonal, hitch right knee over left to slight left diagonal  
3-4            Step right over left to slight left diagonal, hitch left squaring up to 6:00  
5-6            Rock left forward slightly over right, recover to right  
7-8            Rock left back slightly behind right, recover to right

## Rock, Recover, ¼ Turn Weave, Scuff

1-2            Rock left forward , recover to right  
3-4            ¼ Turn left stepping left to side, step right over left  
5-6            Step left to side, step right behind left  
7-8            Step left to side, scuff right over left

**\*For lower-impact dancing, substitute scuffs for hitches in sections 2 & 3.**

**Ending: Final wall starts facing 12:00. Dance through the entire dance, but turn ¼ left on the final scuff. You'll end at 12:00!**

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