

# High

拍數: 32      牆數: 4      級數: High Improver  
編舞者: Elis Sumarah (INA) - March 2021  
音樂: High - Lighthouse Family



Intro: dance on vocal

## #Section I. STEP FORWARD - SIDE CHASSE - CUMBIA

1 - 2      Step forward L, R  
3&4      Step L to side, step R together, Step L to side  
5&6      Cross R behind L, step L in place , step R to side  
7&8      Cross L behind R, step R in Place, step L to side

## #SECTION II.CROSS TOUCH - CROSS BACK 1/4 TURN - CHASSE

1 - 2      Cross R over L, touch L to side  
3 - 4      Cross L over R, touch R to side  
5 - 6      Cross R over L, 1/4 turn R step L back (3:00)  
7&8      Step R to side, step L together, step R to side

## #Section III. CROSS 1/4 L - COASTER STEP - CROSS 1/2 R - SAILOR CROSS

1 - 2      Cross L over R, 1/4 turn L step L back (12:00)  
3&4      Step L back, step R together, Step L forward  
5 - 6      Cross L over R, 1/4 turn R step L back  
7&8      1/4 turn R sweep R Front to back Step R back, step L Beside R, 1/4 turn R cross R over L  
(9:00)

## #Section IV. KICK BALL SIDE - SWAY

1&2      kick L Forward, step ball L Beside R, Touch L to side  
3&4      kick R forward, step ball R beside L, touch R to side  
5 - 8      hips sway L,R, L, R

## INTRO AND ENDING DANCE

### I.WEAVE SWEEP

1 - 4      Cross L over R, step R to side, Cross L behind R, sweep R Front to back  
5 - 8      Cross R behind L, step L to side, Cross R over L, sweep L back to front

### II. STEP FORWARD - HOLD - ROCK RECOVER - 1/2 TURN L TRIPLE STEP

1 - 2      Step L forward, hold  
3 - 4      Step R forward, hold  
5 - 6      Step L forward, recover on R  
7&8      1/4 turn L step L in side, step R together, 1/4 turn L step L Forward (6:00)

### III. WEAVE - SWEEP

1 - 4      Cross R over L, step L to side, cross R behind L, sweep L front to back  
5 - 8      Cross L behind R, step R to side, Cross L over R, sweep R back to front

### IV. PIVOT 1/2 L - FORWARD LOCK SHUFFLE - UNWIND FULL TURN R

1 - 2      Step R forward, 1/2 turn L step L in place  
3&4      Step R forward, step L behind R, step R forward  
5 - 8      Cross L over R, full turn R ( weight on R)

\*\*For ending dance after last wall (9:00) doing 1/4 turn R at 12:00  
Continue to Ending dance

Happy dancing and Enjoy it

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