

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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