

High Horses

拍數: 48 牆數: 2 級數: Phrased Intermediate
編舞者: Sebastiaan Holtland (NL) - August 2021
音樂: High Horse - Nelly, BRELAND & Blanco Brown



Introduction: 16 counts, start after approx 09 sec.

Sequence: A, A, B, B 8, Restart, A, A, B, B 16, restart, A, A, B, A, A ending.

Part A: 16 counts.

A 1-8 Syncopated Points R, L, Dip ¼ Turn R, R Kick Ball Step, L Touch Beside ¼ Turn L.

1&2 Point Rf out to R (1), Step Rf beside Lf (&), Point Lf out to L (2).
3,4 Make ¼ turn R (3.00) and dip body down (3), Touch Rf slightly fwd (4).
5&6 Kick Rf fwd (5), Step Rf back in place on Ball (&), Step Lf fwd (6).
7,8 Make ¼ turn L (9.00) step Rf back (7), Touch Lf slightly fwd (8).

A2 9-16 2x ¼ Paddel to L, Walks Fwd R, L & R Stomp Together L Hold with Arm Movements.

1&2 Step Lf fwd (1), Lock Rf behind Lf (&), Step Lf fwd (2).
3,4 Make ¼ turn L (6.00) Point Rf out to R (3), Make ¼ turn R (3.00) Point Rf out to R (4).
5-8 Walk Rf fwd (5), Walk Lf fwd (6), Stomp Rf beside Lf (7), Hold (8).

(NB: On the above counts 5-8 With R arm from center bring your elbow to the left at chest height and make a fist with the top of your hand forward and arms in together. (Same repeat it with your L Arm).

Part B: 32 counts.

B1 1-8 R Side, Sailor L, R Behind, Step L ¼ Turn L, Knee Lift R, Knee Lift R ¼ Turn L, Big Step R Fwd, Step L Together R.

1,2&3 Step Rf to R (1), Step Lf behind Rf (2), Step Rf to R (&), Step Lf to L (3).
&4 Step Rf behind Lf (&), Make ¼ turn L (3.00) step Lf fwd (4).
5,6 Lift R knee up (5), Make ¼ turn L (12.00) Lift R knee up (6).
7,8 Rf big step fwd (7), Step Lf beside Rf (8).

(1st restart).

B2 [9-16] Syncopated Heel Swivels in Place R, L, R, L, Stomps Out R, L, Heel & Toe Swivel R, Knee Lift R.

1&2& Swivel Rf fwd (1), Swivel Rf back to centre (&), Swivel Lf fwd (2), Swivel Lf back to centre (&).
3&4& Swivel Rf fwd (3), Swivel Rf back to centre (&), Swivel Lf fwd (4), Swivel Lf back to centre (&).
5,6 Stomp Rf out to R (5), Stomp Rf out to L (6).
7&8 Swivel R heel in (7), Swivel R toe in (&), Lift R knee up (8).

(2nd restart).

B3: [17-24] 2x R Side, L Touch Together R, L Step ¼ Turn L, Knee Lift R with Arm Movement.

1-4 Step Rf to R (1), Touch Lf beside Rf (2), Make ¼ turn L (9.00) step Lf fwd (3), Lift R knee up (4).
5-8 Step Rf to R (5), Touch Lf beside Rf (6), Make ¼ turn L (6.00) step Lf fwd (7), Lift R knee up (8).

NB: On the above counts 3-4 & 7-8 bring both hands fwd on chest height and with both vists pull elbows backwards)

B4: [25-32] Cross & Heel Jacks R, L with ¼ Turn R, Syncopated Hip Bumps R, L R, ¾ Triple Turn to L.

1&2& Cross Rf over Lf (1), Make ¼ turn R (9.00) step Lf diagonal slightly back (&), Touch R heel fwd (2), Step Rf back in place (&).
3&4& Cross Lf over Rf (3), Step Rf slightly diagonal back (&), Touch L heel fwd (4), Step Lf back in place (&).
5&6 Bump R hip to R (5), Bump L hip to L (&), Bump R hip to R (6).
7&8 ¾ triple turn L to (facing 12 o'clock) (7&8).

REPEAT THE DANCE AND HAVE FUN!!
