

# High Horse

拍數: 32      牆數: 4      級數: Improver  
編舞者: Wendy McLean (CAN) - September 2021  
音樂: High Horse - Nelly, BRELAND & Blanco Brown



**Intro: 16 counts - Start on vocals**

**Walk, Walk, Out, Out, In, In, Hip Roll 1/8, Hip Roll 1/8**

1 2            Walk forward right, Walk forward left  
&3&4        Step right out, Step left out, Step right in, Step left in  
5 6            Step right slightly forward, Roll hips counter clock wise 1/8 left (weight to left)  
7 8            Step right slightly forward, Roll hips counter clock wise 1/8 left (weight to left)

**Rock, Recover, Pony Back, Pony Back, Rock Recover**

1 2            Rock forward on right, Recover to left  
3&4        Step back on right, Bounce right hip, Weight on right  
5&6        Step back on left, Bounce left hip, Weight on left  
7 8            Rock back on right, Recover to left

**Step, ¼, Sailor ¼, Wizard Left, Wizard Right**

1 2            Step forward on right, Step left ¼ turn right  
3&4        Step right slightly behind left, Step left ¼ turn right, Step right slightly forward  
5 6&        Step left diagonally forward, Slide/step right to left foot, Step left in place  
7 8&        Step right diagonally forward, Slide/step left to right foot, Step right in place

**Cross Rock, Shuffle ¼, Step ¼, Bump, Bump**

1 2            Rock left across right, Recover to right  
3&4        Step left ¼ left, Step right together, Step left forward  
5 6            Step right forward, Pivot ¼ left (weight to left)  
7 8            Bump hips right, Bumps hips left

**Restart Wall 3 - after 8 counts (wall 3 starts @ 6:00, restart facing 3:00)**

**Restart Wall 6 - after 16 counts ( wall 6 starts @ 9:00, restart facing 6:00)**

---