

# High Hopes

拍數: 48      牆數: 4      級數: Phrased Improver  
編舞者: Dawna St. Pierre (USA) - January 2022  
音樂: High Hopes - Panic! At the Disco



After 32 counts start the dance

Sequence as follows: A, A, B, A, A, B, A, tag, (restart) A, A

## A sequence (32 counts)

### (1-8) KNEE POPS ON BALLS OF FEET, BODY ROLL, LF BACK, RF BACK, LF BACK 2 X

1&2&      Body facing diagonal (10:00) RF steps to the side, LF next to RF, pop both knees on balls of feet, both feet drop down  
3&4      Body facing (12:00) front LF steps to the side, RF steps next to LF, Body roll  
5,6      Body facing (10:00) LF steps back, then RF (facing 2:00)  
7&8      Then double LF

### (9-16) BALL CHANGE, STEP, ½ TURN SYNCOPATED WEAVE, KICK BALL CHANGE

&1,2      RF ball change (LF crosses RF), RF steps to the side as LF points  
3,4      Step on LF ½ turning L, step out on RF  
5&6      syncopated weave (LF behind RF, RF step, LF crosses RF)  
7&8      RF kick ball change (body facing 3:00) LF point back

### (17-24) STEP BODY ROLL 2 X, L PRESS WITH KNEE POP, LEFT SPIN, R KNEE POP

&1,2      (Body still facing 3:00) RF steps next to LF as LF point( weight change) do a body roll hip roll back then forward  
&3,4      repeat (&1), Press ball of LF out to left side as you pop L knee out to left  
5,6      LF ball comes down, Cross RF in front of LF  
7,8      Unwind doing a complete turn to L feet together, R knee pops

### (25-32) STEP BACK CHASSE, STEP BACK CHASSE, ROCK RECOVER, STEP ½ PIVOT L, STEP R NEXT TO L

1&2      RF steps back, LF steps next to RF, RF steps back  
3&4      Same thing on Left  
5,6      RF back rock recover  
7&8      RF steps front, ½ L pivot, Touch RF next to LF

## B sequence (16 counts)

### (1-8) R SLIDE, ROCK RECOVER, CHASSE, SYNCOPATED WEAVE

1,2      RF steps to side slide LF  
3,4      LF behind R Rock recover  
5&6      Chasse to Left  
7&8      syncopated weave to Left

### (9-16) ¼ TURN L, SLIDE, ROCK RECOVER, CHASSE, SYNCOPATED WEAVE

1,2      LF steps side slide RF  
3,4      RF behind L Rock Recover  
5&6      Chasse to Right  
7&8      Syncopated weave to Right

**\*\*TAG is on the 6th Wall (facing same as 1st wall) Do A sequence, 1st count of 8, then on 2nd count of 8 after (5&6) R Rock recover bring R next to L on count (7&8). Then restart A sequence**

