

# On a High

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Rika Djamhari (INA) - April 2022  
音樂: On a High - Duncan Sheik



**Intro: 32 Counts - No tag, no restart**

## **S1. SIDE ROCK - SYNCOPATED WEAVE - SIDE ROCK - COASTER STEP**

- 1-2.            Rock R to side, recover on L
- 3&4.           Cross R behind L, step L to side, cross R over L
- 5-6.           Rock L to side, recover on R
- 7&8.           Step L back, step R together, step L forward

## **S2. 1/4 TURN JAZZ BOX - FORWARD - TOUCH - TOUCH - FORWARD SHUFFLE**

- 1-2.            Cross R over L, 1/4 turn to right and step L back (03:00)
- 3-4.            Step R to side, step L forward
- 5-6.            Touch R forward, touch R to side
- 7&8.            Step R forward, step L together, step R forward

## **S3. FORWARD ROCK - BACKWARD - TOUCH - R ROLLING VINE - TOUCH**

- 1-2.            Rock L forward, recover on R
- 3-4.            Step L back, touch R beside L
- 5-6.            1/4 turn right and step R forward, 1/2 turn to right and step L back
- 7-8.            1/4 turn to right and step R to side, touch L next to R

## **S4. TURN FORWARD - SWEEP - CROSS OVER - SIDE - TURN SIDE - 1/2 MONTEREY TURN**

- 1-2.            1/4 turn to left and step L forward, sweep R from back to front (12:00)
- 3-4.            Cross R over L, step L to side
- 5-6.            1/4 turn to right and step R to side, touch L to side (03:00)
- 7-8.            1/2 turn to left and step L next to R, touch R to side (09:00)

**Start again**

**Enjoy the dance!**

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