

High Heels on the Beach

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver / Intermediate
編舞者: Katie Robinson (USA) - November 2022
音樂: High Heels - Flo Rida & Walker Hayes



[16 count intro; 1 restart on wall 3 after 16 counts; 1 tag after wall 5]

[1-8] Heels, Scuff stomp, body roll, booty bump

1&2& (1) Present R heel, (&) Replace, (2) Present L Heel, (&) Replace
3-4 (3) Scuff R heel, (4) Stomp R heel
5, 6& (5-6) Body Roll, (&) step R back and shift weight back to R
7, 8 (7,8) Bump L hip 2X [optional styling, twist L heel out 2x, or swivel heels L 2x]

[9-16] Vaudevilles, cross unwind, triple LRL

&1&2& (&) Step weight onto R, (1) Cross L over R, (&) step R out, (2) present L heel
&3&4 (&) Step weight onto L, (1) Cross R over L, (&) step L out, (2) present R heel
5,6 (5) Cross R over L, (6), Unwind ½ rotation over L shoulder facing 6:00
7&8 Forward triple LRL

[RESTART: Restart on wall 3 after 16 counts – start back at 12:00]

[17-24] Point R,L, Slide, Rock forward, pop back, knees

1&2& (1) Point R out to R side, (&) replace R, (2) Point L out to L side,
3, 4 (3) hitch L inward, (4) Slide to L side, with ¼ turn L
5,6 (5) Rock forward onto R, (6) Step R back to center, pushing hips backwards
7&8 (7) Pop R knee, (&) replace, (8) Pop L knee, (&) replace [optional styling: hip bumps, hip roll,
twerk, go nuts]

[25-32] ½ Triple Box, stomp and heels

1, 2 Side triple RLR to R side
3, 4 ¼ turn to L, triple LRL to L side
5, 6 ¼ turn to L, triple RLR to R side
7, 8 (7) stomp L heel, (&) swivel both heels out, (8) replace both heels to center

[TAG: After wall #5 at about 1:30 into the song, there's an extended pause for 4 counts, should be facing 6:00. Cross R over L, unwind full turn back to 6:00.]