

High Horse

拍數: 32 牆數: 4 級數: Beginner
編舞者: James Fitzwater - February 2023
音樂: High Horse - Nelly, BRELAND & Blanco Brown



I. [1-8]. Step points X4

- 1-2 Step Forward on right, point left toe out to the side.
- 3-4 Step Forward on left, point right toe out to the side.
- 5-8 Repeat steps 1-4

II. [9-16]. Backwards Sailor steps X4

- 1&2 Moving in a backwards motion, bring right behind left, change weight onto the left, step right beside left.
- 3&4 Moving in a backwards motion, bring left behind right, change weight onto the right, step left beside right.
- 5&6,7&8 Repeat steps 1-4

III. 17-24. $\frac{3}{4}$ reverse hitch, vines hitches, vines

- 1-4 Step forward on right $\frac{3}{4}$ turn over left shoulder while hitching the left knee up, place left foot down, hitching right knee up.
- 5-8 Going into a right vine with a left touch.

IV. 25-32. Vine $\frac{1}{2}$ Turn, Hip bumps.

- 1-4 Vine Left while turning a $\frac{1}{2}$ turn over left shoulder, slightly placing right foot forward.
 - 5-8 Bump hips forward on to the right foot twice, change weight back to the left foot and bump hips twice.
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