

High Time Rolling

拍數: 32 牆數: 4 級數: Phrased Improver
編舞者: Elke Schadewald (DE) & Jess (DE) - February 2023
音樂: High Time - Nickelback



Note: The dance starts with the lyrics

Dance Sequence: 4xA – 2xB – 2xA – 4xB – 2xA – TAG – 2xA – 4xB

It's easier than it looks here!

Dance part A during the verse, dance part B during the chorus.

Part A (4 wall):

A1: Side, Together, Chassé, Cross Rock Side, Behind-Side-Cross

1-2 Step RF to right side, step LF next to RF
3&4 Step RF to right side, step LF next to RF, step RF to right side
5&6 Cross LF over RF, take weight back to LF, step LF to the left side
7&8 Cross RF behind LF, step LF to left side, cross RF over LF

A2: Side, Touch, Side, Behind-Side-Cross, Monterey 1/4

1&2 Step LF to left side, touch RF next to LF, step RF to right side
3&4 Cross LF behind RF, step RF to right side, cross LF over RF
5-6 Point right toe to right side, make ¼ turn right, put weight on RF
7-8 Point left toe to left side, step LF next to RF

Part B (2 wall):

B1: Shuffle forw. r & l, Rumba Box

1&2 Step RF forward, step LF next to RF, step RF forward
3&4 Step LF forward, step RF next to LF, step LF forward
5&6 Step RF to right side, step LF next to RF, step RF back
7&8 Step LF to left side, step RF next to LF, step LF forward

B2: Shuffle forw. r & l, Rocking Chair, Step Turn

1&2 Step RF forward, step LF next to RF, step RF forward
3&4 Step LF forward, step RF next to LF, step LF forward
5& Step RF forward, take weight back to LF
6& Step RF back, take weight back to LF
7-8 Step RF forward, make ½ turn right on both balls of feet, take weight to LF

Tag at the end of wall 16 – 12:00 o'clock

Monterey ¼ turn x 2

1-2 Point right toe to right side, make ¼ turn right, put weight on RF
3-4 Point left toe to left side, step LF next to RF
5-6 Point right toe to right side, make ¼ turn right, put weight on RF
7-8 Point left toe to left side, step LF next to RF

Choreographer Address: Germany, Lower Saxony

Links: Phoenix-Linedancer@web.de