

# You Get High

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Rebecca Lee (MY) - September 2023  
音樂: Side Effects - Sophia Scott



Intro: 8 Count

Note: RESTART at Wall 3 after 4 counts recover R (4) Step L next to R (&) (6:00)

## [1 – 8] ½ TURN SWEEP, BEHIND SIDE ROCK, SIDE FULL TURN SPIRAL, RUN RUN, ROCK

12&      Step R forward ½ turn L sweep L front to back (1), Step L behind R (2), Step R to R (&) 6:00  
34&      Rock L to diagonal R (3) Recover R (4) Step L To L diagonal (&) 7:30  
56&      Step R forward full turn L (5) Run L (6) Run R (&) 4.30  
78&      Rock L forward (7) Recover R (8) Step L beside R (&) 4:30

## [9 – 16] 5/8 RUNAROUND, SWEEP, CROSS SIDE ROCK BACK, SIDE ROCK BACK

1&2&      1/8 turn R Step R forward (1) 1/8 turn R Step L behind R (&) 1/8 turn R Step R forward (2)  
1/8 turn R Step L behind R (&) 12:00  
3 4&5      1/8 turn R Step R while sweep L back to front (3), Cross L over R (4) Step R to R (&) Rock L  
behind R (5) 10:30  
6&7      Recover R (6) Step L to L (&) Rock R behind L (7) 1:30  
8      Recover L (8) 1:30

## [17 – 24] ½ PIVOT, ½ PIVOT, RUN R,L, STEP, HITCH, COASTER STEP, ½ LUNGE

1&2&      Step R forward (1) ½ Turn L, (&) Step R forward (2) ½ turn L (&) 1:30  
3&4      Step R forward (3) Step L forward (&) Step R forward hitch L (4) 1:30  
5&6      Step L back (5) Step R next to L (6) Step L forward (&) 1:30  
7-8      ¼ turn L while lunge R forward (7) ½ turn L recover L (8) 4:30

## [25 – 32] SWAY, SWAY DRAG, SIDE ROCK BACK, FORWARD PREP FULL TURN

1-2      1/8 turn L Step R to R side (reach arm to R side 3 o'clock) (1) Recover L (Bring the arm to  
12 o'clock) (2) 6:00  
3&4      Drag R to L (3&4) arm from 12 o'clock, sway the palm L R to the chest 6:00  
56&      Step R to R (5) Rock L back (6) Recover R (&) 6:00  
78&      Step L forward (as you prep to turn) (7) ½ Turn L Step R forward (8) ½ Turn L Step L forward  
(&) 6:00

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Last Update - 27 Sept. 2023 - R1