

# Highland Girl (Easy)

拍數: 64      牆數: 2      級數: Beginner / Improver  
編舞者: Melissa Lau (NZ) - June 2024  
音樂: Highland Girl - Nathan Evans



**Intro: starts immediately on the first note, when you hear "So..."**

## FWD, TOUCH, BACK, HEEL, FWD LOCK, FWD LOCK SHUFFLE

1, 2, 3, 4      Step R fwd, tap L toe next to R, step L back, tap R heel in place (12:00)  
5, 6, 7&8      Step R fwd, step L crossed behind R, step R fwd, step L crossed behind R, step R fwd

## FWD, TOUCH, BACK, HEEL, FWD LOCK, FWD LOCK SHUFFLE

1, 2, 3, 4      Step L fwd, tap R toe next to L, step R back, tap L heel in place  
5, 6, 7&8      Step L fwd, step R crossed behind L, step L fwd, step R crossed behind L, step L fwd

## CROSS-ROCK, SIDE SHUFFLE, CROSS-ROCK, SHUFFLE ¼ LEFT

1, 2      Rock R across L, recover weight on L  
3&4      Step R to side, step L next to R, step R to side  
5, 6      Rock L across R, recover weight on R  
7&8      Step L to side, step R next to L, turn ¼ left stepping L fwd (9:00)

## FWD ROCK-RECOVER, COASTER (x 2)

1, 2, 3&4      Rock R fwd, recover on L, step R back, step L next to R, step R fwd  
5, 6, 7&8      Rock L fwd, recover on R, step L back, step R next to L, step L fwd

## HEEL, HOOK, FWD SHUFFLE (x 2)

1, 2, 3&4      Touch R heel fwd, hook R in front of L shin, step R fwd, step L next to R, step R fwd  
5, 6, 7&8      Touch L heel fwd, hook L in front of R shin, step L fwd, step R next to L, step L fwd

## 2x MONTEREY ¼ TURN

1, 2, 3, 4      Point R to side, ¼ turn right stepping R next to L taking the weight onto R (12:00), point L to side, step L next to R  
5, 6, 7, 8      Point R to side, ¼ turn right stepping R next to L taking the weight onto R (3:00), point L to side, step L next to R

## TOE TOUCHES, TRIPLE STEP (x 2)

1, 2, 3&4      Point R fwd, point R to side, step R next to L, step L in place, step R in place  
5, 6, 7&8      Point L fwd, point L to side, step L next to R, step R in place, step L in place

## MONTEREY ¼, 2x HEEL DIGS

1, 2, 3, 4      Point R to side, ¼ turn right stepping R next to L taking the weight onto R, point L to side, step L next to R (6:00)  
5, 6, 7, 8      Touch R heel fwd, step R next to L, touch L heel fwd, step L next to R

\* **ENDING: on last wall, dance up to 44 counts, finish with 2x HEEL DIGS at the front**

This dance was choreographed for experienced Beginners / 'Low-impact' to my improver-intermediate dance 'Highland Girl'.

Last Update: 3 Jul 2024