

# Highs & Lows

**COPPER** **KNOB**  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Phrased Easy Improver  
編舞者: Marianne Langagne (FR) - 25 August 2024  
音樂: Highs & Lows - Matt Cooper



Intro : 16 Counts (Start a beat before the lyrics)

Sequences : A - A - B - B - A - A - B - B - A - B - B - B - B

## PART A

[1 – 8] WALK R – L, ROCK STEP, SIDE ROCK, STEP LOCK STEP, STEP ½ TURN R, STEP

1 – 2                      RF Fwd, LF Fwd  
3 &                      RF Fwd, Recover on LF  
4 &                      RF to the R, Recover on LF  
5 & 6                      RF Fwd, Cross LF behind RF, RF Fwd  
7 &                      LF Fwd, ½ Turn R (weight on RF) (6.00)  
8                          LF Fwd

[9 – 16] STEP LOCK STEP, SIDE ROCK CROSS, MONTEREY ¼ TURN R , SWIVEL TO L, SWIVEL TO R

1 & 2                      RF Fwd, Cross LF behind RF, RF Fwd  
3 & 4                      LF to the L, Recover on RF, Cross LF over RF (weight on LF)  
5 & 6                      R Point to the R, Together with pivot 1/4 turn R on ball L, L Point to the L (9.00)  
&                          Together  
7 – 8                      Pivot 2 heels to the L, Pivot 2 heels to the R (weight on LF)

## PART B

[1 – 8] K STEP, HEEL SWITCHES, HEEL FAN R – L

1 &                      RF Diagonally Fwd R, Touche LF next to RF  
2 &                      LF Diagonally L Back, Touch RF next to LF  
3 &                      RF Diagonally Back R, Touch LF next to RF  
4 &                      LF Diagonally Fwd L, Touch RF next to LF  
5 & 6                      R Heel Fwd, Together, L Heel Fwd  
&                          Together (weight on LF)  
7 &                      R Heel to the R, Return to Center (weight on RF)  
8 &                      L Heel to the L, Return to Center (weight on LF)

[9 – 16] BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP, BOUNCE x 2 ¼ TURN R, POINT FWD SWITCHES

1 &                      RF Back, Kick LF  
2 &                      LF Back, Kick RF  
3 & 4                      RF Back, Together, RF Fwd  
&                          Scuff LF back to Front  
5 & 6                      LF Fwd, Bounce Twice with pivot ¼ Turn R (Weight on LF)  
7 &                      R Point Fwd, Together  
8 &                      L Point Fwd, Together

Dance & have fun !!!!

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