An EZ High

拍數: 32　　　　**牆數:** 4　　　　**級數:** Beginner

編舞者: Larry Brancheau (USA) - December 2024

音樂: When I Get Low, I Get High - The Speakeasy Three

Charleston
1-4	Swing & touch R forward, swing & step R back
5-8	Swing & touch L back, swing & step L forward

Side Together Side 2x
1-4	Angling body to right step R side, step L together, Step R side
5-8	Angling body to left step L side, step R together, step L side

Styling: Pump arms up with the rhythm as you move right & left

Back Steps With feet separated, move back with a stoop (getting low)
1-4	Step R back, step L back
5-8	Step R back, step L back

Forward Steps, ¼ turn Raise and sway arms or wave hands (getting high)
1-4	Step R forward, step L forward
5-8	¼ turn R, step R, step L side

Repeat

Note: The tempo of the song slows dramatically at wall 16 (9:00). I pasted two stanzas from earlier over the slow verses.

This allows me to dance back to 12:00 at the set rhythm . Another choice is to fade out before the slow down.

If possible, I will share my version of the song upon request.

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