

High Heels (and Jesus)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Rachel Bonhall (USA), Colleen Grant (USA) & Tommy G. Parker (USA) -
February 2025
音樂: High Heels - Party Down Under - Flo Rida, Walker Hayes & Sam Feldt



ONE TAG/RESTART (16 counts into the 5th WALL)

#32 COUNT INTRO (dance starts on lyric, "My life is like...")

[1 – 8]: (12:00) < RF STEP-PIVOT (left). SEXY WALK x2 (RL). MAMBO. TOUCH BEHIND. PIVOT ½ TURN > (3:00)

1, 2 RF step-pivot ¼ turn (left, ccw) [1], stepping onto LF [2]—9:00
3, 4 RF step/sexy walk [3], LF step/sexy walk [4]—9:00
5, 6 RF Mambo step forward [5], RF hop back next to LF [6]—9:00
7, 8 LF toe-touch behind [7], pivot ½ turn (left, ccw) shifting weight onto LF [8]—9:00

[9 – 16]: (9:00) < PONY STEP x2. RF ROCK-AND-CROSS/UNWIND ¾ TURN (left, ccw). LF KICK. COASTER STEP > (6:00)

1, 2 RF pony step (left knee pop) [1], LF pony step (right knee pop) [2]—9:00
3&4 RF rock side right [3], recover weight back onto LF [&], RF cross-step in front of LF [4]—9:00
5, 6 Unwind legs ¾ turn (left, ccw) [5], LF kick forward [6]—6:00
7&8 LF step back [7], RF step next to LF [&], LF step forward [8]—6:00

[17 – 24]: (6:00) < SLIDE right, HITCH, SHUFFLE. SLIDE left HITCH, SHUFFLE > (6:00)

1, 2 RF slide forward [1], pop right knee into a hitch [2]—6:00
3&4 RF brush-step forward [3], LF step next to RF [&], RF brush-step forward [4]—6:00
5, 6 LF slide forward [5], pop left knee into a hitch [6]—6:00
7&8 LF brush-step forward [7], RF step next to RF [&], LF brush-step forward [8]—6:00

[25 – 32]: (6:00) < (DIAGONAL/CORNER TO CORNER) ROCK/RECOVER. SHUFFLE ¾ TURN (right, cw). RF CROSS-HOP behind LF/UNWIND (right, cw). SHUFFLE (LRL) > (9:00)

1, 2 RF cross-rock in front of LF [1], recover weight back onto LF [2]—3:00
3&4 Heading in a diagonal direction (corner to corner), RF step right with ¼ turn (right, cw) [3], LF step next to RF with another ¼ turn (right, cw) [&], LF step next to RF with another ¼ turn (right, cw) [4]—along the diagonal
5, 6 LF side-steps left [5], RF cross-hops behind LF [&], unwind legs ¾ turn (right, cw) [6]—along the diagonal
7&8 RF steps forward (toward the opposite corner) [7], LF steps next to RF [&], RF steps forward into corner [8]—9:00

START AGAIN, squaring up as you immediately PIVOT ¼ turn (left, ccw) into the first 1st step of the 1st 8 counts.

OR

TAG/RESTART (8 COUNTS)

After the 1st 16 counts into the 5TH WALL (after the COASTER STEP; following lyrics "And they don't got a clue").

[1-16] RF CROSS in front of LF. HOLD. As you do a SLOW UNWIND ½ TURN (left, ccw) shrug shoulders with hands in the air on lyric "Aaaaayyy."

1,2,3,4 Cross RF in front of LF [1], Hold [2,3,4]
5,6,7,8 When lyrics say "Aaaaayyy," shrug shoulders, toss hands in the air (palms upward), and SLOWLY UNWIND legs ½ turn (left, ccw) [5,6,7,8...].

[...1,2] RESTART, as you immediately PIVOT $\frac{1}{4}$ turn (left, ccw) into the first 1st step of the 1st 8 counts.

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