

# How High

拍數: 32      牆數: 4      級數:  
編舞者: Peter Metelnick (UK)  
音樂: When You Say Jump - Rick Tippe



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## HOP RIGHT FORWARD, LEFT TOGETHER, HOLD & CLAP, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, LEFT SIDE SHUFFLE

- &1-2      Hop right foot forward, step left foot together, hold & clap (weight ends on left foot)
- 3&4      Step right foot to right side, step left foot together, step right foot to right side
- 5-6      Rock step back on left foot, rock forward and recover weight on right foot
- 7&8      Step left foot to left side, step right foot together, step left foot to left side

## ½ RIGHT MONTEREY TURN, LEFT TOES TO LEFT SIDE, HITCH LEFT KNEE UP, LEFT SIDE SHUFFLE, RIGHT CROSS ROCK & RECOVER

- 1-2      Touch right toes to right side, step right foot together turning ½ right on left foot (now facing back wall)
- 3-4      Touch left toes to left side, hitch left knee up
- 5&6      Step left foot to left side, step right foot together, step left foot to left side
- 7-8      Cross rock step right foot over left, rock back and recover weight on left foot

## RIGHT TOE STEP, ½ RIGHT & LEFT TOE STEP, ½ LEFT & RIGHT TOE STEP, ¼ LEFT & LEFT COASTER STEP BACK

- 1-2      Touch right toes to right side, step right foot down
- &3-4      Turn ½ right on right foot, touch left toes to left side, step left foot down (now facing front wall)
- &5-6      Turn ½ left on left foot, touch right toes to right side, step right foot down (now facing back wall)
- 7&8      Turn ¼ left and step left foot back, step right foot together, step left foot forward (now facing right side wall)

## 3 STEP JAZZ BOX, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD TURNING ½ RIGHT, RIGHT ROCK BACK & RECOVER

- 1-2      Cross step right foot over left, step left foot back
  - 3      Step right foot to right side
  - 4-5      Step left foot forward, pivot ½ right (weight ends on right foot. Now facing right side wall)
  - 6      Step left foot forward and turn ½ right (while pivoting ½ right on right foot)
- Weight ends on left foot. Now facing left side wall**
- 7-8      Rock step back on right foot, rock forward and recover weight on left foot

**REPEAT**

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