

How High

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



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