

# High 'n' Low

**COPPER KNOB**  
BY STEPHEN WILLS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Keith Cross (UK)  
音樂: High Low and In Between - Mark Wills



## LUNGE ROCK, RIGHT CHASSE, & LUNGE ROCK, SIDE, TOGETHER, ¼ TURN RIGHT

- 1-2      Cross rock (lunge) right over left, recover weight back onto left (optional: splay arms out to side on lunge)  
3&4      Right side shuffle  
&5-6      Step left beside right, cross rock (lunge) right over left, recover weight back onto left (optional: splay arms to side)  
7&8      Step right to right side, close left beside right, step right to right making ¼ turn right

## STEP, ¾ PIVOT RIGHT, LEFT CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP WITH ¼ TURN LEFT

- 1-2      Step left forward, pivot ¾ turn right  
3&4      Left side shuffle  
5&6      Right sailor step  
7&8      Left sailor step making ¼ turn left

## HIPS BUMPS UP, RIGHT KICK BALL CROSS, HIP BUMPS DOWN, LEFT KICK BALL CROSS

- 1-2      Touch right to right side bumping hips twice upwards to the right (optional: point right finger & arm upwards))  
3&4      Right kick ball cross  
5-6      Step right to right side bumping hips twice downwards to the right (optional: point right finger & arm downwards)  
7&8      Left kick ball cross

## STEP ½ PIVOT, STEP ½ PIVOT, LEFT ROCK STEP, ½ TRIPLE TURN LEFT

- 1-2      Step left forward, pivot ½ turn right (optional: arms down by side with hands outstretched palms down)  
3-4      Step left forward, pivot ½ turn right (optional: arms) down by side with hands outstretched palms down)  
5-6      Rock forward on left, recover weight back onto right  
7&8      Triple step in place on left right left making ½ turn left

## REPEAT

## TAG

To be danced at start of 4th & 7th walls only for the Mark Wills song

## CROSS TOUCHES TWICE, HITCH, TOUCH, & TOUCH, HOLD

- 1-2      Cross step right over left, touch left toe to left side  
3-4      Cross step left over right, touch right toe to right side  
5      Hitch right knee up & across left leg (optional: push right arm up to left diagonal pointing index finger up)  
6      Touch right toe to right side (optional: push right arm down to right diagonal pointing index finger down)  
7&8      Step right next to left, touch left toe to left side (&), hold (optional: arms down by side hands outstretched)

## STEP LEFT BESIDE RIGHT (&), RIGHT TOE STRUT, LEFT TOE STRUT, SYNCOPATED STEP LOCKS FORWARD

- &1-2      Step left beside right, step forward on right toe, drop right heel to floor  
3-4      Step forward on left toe, drop left heel to floor

5&6& (Traveling towards right diagonal) step right forward, lock left behind right, step right forward,  
lock left behind right

7&8& Step right forward, lock left behind right, step right forward, step left out to left side (&)

---