

High Hopes

拍數: 0 牆數: 0 級數:
編舞者: Judy Cain (USA)
音樂: High Hopes - Frank Sinatra



Sequence: Count 16 before starting A, BB, CC, DDD, E, Repeat all, BB, DDD, E

PART A

STEP TOGETHER STEP TOUCH, STEP TOUCH, STEP TOUCH

1-2 Step right to right, step left next to right
3-4 Step right to right, touch left next to right
5-6 Step left to left, touch right next to left
7-8 Step right to right, touch left next to right

STEP TOGETHER STEP TOUCH, STEP TOUCH, STEP TOUCH

1-2 Step left to left, step right next to left
3-4 Step left to left, touch right next to left
5-6 Step right to right, touch left next to right
7-8 Step left to left, touch right next to left

STEP SCUFFS IN A CIRCLE

1-2 Step right making a $\frac{1}{4}$ right turn, scuff right forward
3-4 Step left making a $\frac{1}{4}$ right turn, scuff right forward
5-6 Step right making a $\frac{1}{4}$ right turn, scuff right forward
7-8 Step left making a $\frac{1}{4}$ right turn, scuff right forward

PART B

RIGHT VINE, STEP TOUCH

1-2 Step right to right, left behind right
3-4 Step right to right, touch left next to right
5-6 Step left to left, touch right next to left
7-8 Step right to right, touch left next to right

LEFT VINE, STEP TOUCH

1-2 Step left to left, right behind left
3-4 Step left to left, touch right next to left
5-6 Step right to right, touch left next to right
7-8 Step left to left, touch right next to left

ANGLE WALKS FORWARD

1-2 Step right towards right front corner, step left beside right
3-4 Step right towards right front corner, touch left next to right
5-6 Step left to left, touch right next to left
7-8 Step right to right, touch left next to right

ANGLE WALKS BACK

1-2 Step left towards left back corner, step right beside left
3-4 Step left towards left back corner, touch left next to right
5-6 Step right to right, touch left next to right
7-8 Step left to left, touch right next to left

PART C

STRUT JAZZ BOX

- 1-2 Step on ball of rover left, drop heel down
- 3-4 Step back on ball of left, drop heel down
- 5-6 Step on ball of right to right, drop right heel
- 7-8 Step forward on ball of left, drop heel down

PART D

STOMP, FANS, 1/8 RIGHT TURNS 2 TIMES

- 1-2 Stomp right forward, fan right toes to left
- 3-4 Fan right toes to right, fan right toes to left
- 5-6 Fan right toes to right with weight on right foot making a 1/8 right turn, step left beside right
- 7-8 Fan right toes to right with weight on right foot making a 1/8 right turn, step left beside right

PART E

HEEL SPLITS, HEEL STEP

- 1-2 Split heels apart and bring together
- 3-4 Tap right heel towards right side, step making a ¼ right turn (you should now be facing front wall)
- 5-6 Heel splits, close together
- 7-8 Tap left heel forward, step together

Repeat all, on 3rd time start from vine, repeat stomp fans, repeat heel splits & heel step 1 time, heel split & place hands on knees for the end.
