

High Spirits!

拍數: 32 牆數: 0 級數:
編舞者: SanDee Skelton (USA)
音樂: Bobbie Ann Mason - Rick Trevino



This dance won 2nd place at Tri-State Event in Dubuque, Iowa March, 2003

RIGHT HEEL-TOE, CHASSE, LEFT HEEL-TOE CHASSE

1-2 Right heel tap forward, right toe tap front over left
3&4 Right foot step side, left next to right, right step side
5-6 Left heel tap forward, left toe tap front over left
7&8 Left foot step side, right next to left, left step side

RIGHT CROSS-SIDE- $\frac{3}{4}$ TRIPLE, LEFT CROSS-SIDE- $\frac{3}{4}$ TRIPLE

1-2 Right step over left, left step to left side
3&4 Triple right-left-right, turning $\frac{3}{4}$ right(end facing left side wall)
5-6 Left step over right, right step to right side
7&8 Triple left-right-left, turning $\frac{3}{4}$ left(end facing back wall)

ROCK FORWARD, RECOVER, COASTER, $\frac{1}{4}$ TURN, CROSSING TRIPLE

1-2 Right foot rock forward, recover weight back on left foot
3&4 Coaster: right step back, left next to right, step right forward
5-6 Ball of left foot forward, pivot $\frac{1}{4}$ to right, right step to side
7&8 Left step across right, right step side, left step across

RIGHT SIDE-ROCK, BEHIND- $\frac{1}{4}$ -FORWARD, ROCK FORWARD, $\frac{1}{2}$ TURN TRIPLE

1-2 Right foot rock side, left foot step in place
3&4 Right step behind left, left step $\frac{1}{4}$ left, step right forward
5-6 Left rock forward., recover weight back on right foot
7&8 Triple left-right-left turning $\frac{1}{2}$ back to left

Or sweep left around into $\frac{1}{2}$ turn, left sailor step

REPEAT

When doing dance contra, face other line squarely. When you do cross-over and step to side, you will end with a space to travel through on the turning triples. Practice slowly! This is challenging. Concentrate on your own part, don't let the opposite line throw you off!