

Higher

拍數: 32 牆數: 2 級數: Beginner line/contra dance
編舞者: Ron Welters (NL) & Roy Verdonk (NL)
音樂: Higher - Gloria Estefan



OUT-OUT, HOLD, IN-IN, HOLD, SIDE TOGETHER SIDE TOUCH

&1-2 Jump slightly forward stepping right foot to right and left foot to left, hold

Arms: while jumping, raise both arms upwards as in "take a breather"

&3-4 Jump both feet back to place, right-left, hold

Arms: while jumping back place hands on buttocks

5-6 Step left foot to left, close right foot to left foot

7-8 Step left foot to left, touch right foot next to left foot & clap

Clap with person in front of you when contra dancing

SIDE TOGETHER SIDE TOUCH, RIGHT KNEE POP, HOLD, LEFT KNEE POP, HOLD

1-2 Step right foot to right, close left foot to right foot

3-4 Step right foot to right, touch left foot next to right foot & clap

Clap with person in front of you when contra dancing

&5-6 Left foot, small step back and pop right knee in, hold

&7-8 Right foot, small step back and pop left knee in, hold

¼ TURN LEFT, TOGETHER, SIT, HANDS FORWARD, LOOK BACK WITH ARM ROLLS TWICE

1-2 Step left foot 1/8 turn left, step right foot to right completing ¼ turn left

3 Close left foot to right foot

When dancing contra you should now be face to face with the dancer in front of you and back to back with the dancer behind you

4 Bend through knees as you would when sitting down, extend both arms forward clapping hands with person in front of you and "bumping" with the person behind you

5-6 Turn upper body around to the left (to look back) while rolling arms outwards

7-8 Repeat 5-6 turning to the right

LOOK BACK WITH ARM "PUSH-PULLS" TWICE, ¼ TURN RIGHT X3 TOGETHER

1-2 Turn upper body around to the left (to look back) pushing both arms diagonally left, up & out on the 1st count and pulling arms in towards left hip on 2nd count

3-4 Repeat 1-2 turning to the right with arms to the right

5-6 Step right foot ¼ right, step forward on left foot turning left foot ¼ turn right

7-8 Step right foot ¼ turn right, step left foot next to right foot

REPEAT