

# Highland

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Ben van den Kommer & Emmy Deutekom (NL)  
音樂: Highland - One More Time



## IRISH JIG, TRIPLE STEP IN PLACE, IRISH JIG, TRIPLE STEP IN PLACE

&                      Right foot cross in front of left leg at knee-level  
1&2                  Triple step in place right-left-right  
&                      Left foot cross in front of right leg at knee-level  
3&4                  Triple step in place, left-right-left

## IRISH REEL (REVERSED RUNNING MAN)

5                      Right foot step behind left foot  
&                      Left foot hitch, right foot scoots forward  
6                      Left foot step behind right foot  
&                      Right foot hitch, left foot scoots forward  
7                      Right foot step behind left foot  
&                      Left foot hitch, right foot scoots forward  
8                      Left foot step behind right foot

## ¼ TWIST RIGHT, ¼ TWIST LEFT, ¼ TWIST RIGHT, COASTER STEP

9&10                  Twist heels ¼ right, twist heels ¼ left, twist heels ¼ right  
11&12                Left foot step back, right foot step next to left foot, left foot step forward

## FULL TURN TO THE LEFT WITH 4 PADDLE TURNS

13                    Push with ball of right foot  
&                    Turn ball left foot ¼  
14                    Push with ball of right foot  
&                    Turn ball left foot ¼  
15                    Push with ball of right foot  
&                    Turn ball left foot ¼  
16                    Push with ball of right foot  
&                    Turn ball left foot ¼

## CROSS OVER, POINT 4 X

17                    Right foot cross over left foot  
18                    Left foot point toe right  
19                    Left foot cross over right foot  
20                    Right foot point toe left  
21-24                Repeat 17-20

## JAZZ TRIANGLE, HOP, STOMP

25                    Right foot cross over left foot  
26                    Left foot step back  
27                    Right foot step next to left foot  
&28                  Hop 2 times back on right foot, while toe of left foot points backwards  
29                    Left foot step forward  
30                    Right foot step next to left foot (weight stays on left foot)  
31                    Right foot tap heel to front  
32                    Right foot stomp next to left

**REPEAT**

Stretch arms in paddle turns and look in the direction of movement.

Styling 17-24: cross arms in front of body and open arms up while pointing toes, at the same time look in the direction of pointed toes

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