

# Hi, Lo, And In Between

拍數: 84      牆數: 0      級數:  
編舞者: Sharon Mello (USA)  
音樂: High Low and In Between - Mark Wills



## TOE, HEEL, COASTER STEP

- 1 Turn right leg in, touch toe to floor
- 2 Turn right leg out, touch heel to floor
- 3&4 Right foot step back left diagonal behind left, left foot step to side, right foot step next to left
- 5 Turn left leg in, touch toe to floor
- 6 Turn left leg out, touch heel to floor
- 7&8 Left foot step back right diagonal behind right, right foot step to side, left foot step next to right
- 9 Rock back on right
- 10 Rock forward on left
- 11&12 Shuffle step forward right, left, right
- 13&14 Shuffle step forward left, right, left making ¼ turn to right on the &14 counts

## SCUFF, SCUFF, TOE TAP, SCUFF, STEP, CROSS, STEP, CROSS, STEP

- 15 Scuff right heel forward
- 16 Scuff right foot back
- 17 Tap right toe back left diagonal
- 18 Small heel scuff next to left foot
- & Step right in place
- 19 Step on left crossing in front of right
- 20 Step right to side
- 21 Step left crossing behind right
- 22 Step right to side

## SCUFF, SCUFF, TOE TAP, SCUFF, STEP, CROSS, STEP, CROSS, STEP

- 23 Scuff left heel forward
- 24 Scuff left foot back
- 25 Tap left toe back right diagonal
- 26 Small heel scuff next to right foot
- & Step left in place
- 27 Step on right crossing in front of left
- 28 Step left to side
- 29 Step right crossing behind left
- 30 Step left to side

## STEP, PIVOT ½, COASTER STEP

- 31 Step forward right
- 32 Pivot ½ turn to left, shifting weight to left foot
- 33&34 Right foot step back left diagonal behind left, left foot step to side, right foot step next to left

## TOE POINT, CROSS, TOE POINT, CROSS, HEEL, HOP, SHUFFLE, ROCK, RECOVER

- 35 Left toe touch to side
- 36 Left foot step front crossing in front of right
- 37 Right toe touch to side
- 38 Right foot step front crossing in front of left
- 39 Rock back to left foot, touching right heel to front right diagonal
- 40 Hop both feet back to original position, weight on right

- & Small hop on right
- 41&42 Shuffle step back on left, right, left
- 43 Rock step back to right
- 44 Rock forward to left

**TOE POINT, CROSS, TOE POINT, CROSS, HEEL, HOP, SHUFFLE, ROCK, RECOVER**

- 45 Right toe touch to side
- 46 Right foot step front crossing in front of left
- 47 Left toe touch to side
- 48 Left foot step front crossing in front of right
- 49 Rock back to right foot, touching left heel to front left diagonal
- 50 Hop both feet back to original position, weight on left
- & Small hop on left
- 51&52 Shuffle step back on right, left, right
- 53 Rock step back to left
- 54 Rock forward to right

**¼ TURN, STEP, STEP, ¼ TURN, COASTER STEP**

- 55 Small hop on right foot with ¼ turn right, left foot kicks out to side
- 56 Walk forward left
- 57 Walk forward right
- 58 Small hop on right foot with ¼ turn right, left foot kicks out to side
- 59&60 Left foot step back, right foot step next to left, left foot step forward

**6 COUNT GRAPEVINE RIGHT, COASTER STEP**

- 61 Right foot step right
- 62 Left foot cross in back of right
- 63 Right foot step right
- 64 Left foot cross in front of right
- 65 Right foot step right
- 66 Left foot cross in back of right
- 67&68 Right foot step back, left foot closes to right, right foot step forward

**6 COUNT GRAPEVINE LEFT, COASTER STEP**

- 69 Left foot step left
- 70 Right foot cross in back of left
- 71 Left foot step left
- 72 Right foot cross in front of left
- 73 Left foot step left
- 74 Right foot cross in back of left
- 75&76 Left foot step back, right foot closes to left, left foot step forward

**HEEL, HOP, HEEL, HOP, FAN HEEL, FAN TOES**

- 77 Hop back to left foot while touching right heel to floor
- 78 Hop feet back together
- 79 Hop back to right foot while touching left heel to floor
- 80 Hop feet back together
- 81 Right heel fan out
- 82 Right toe fan out
- 83 Right toe fan in
- 84 Right toe fan out

**REPEAT**

If dance is started with lyrics, it will end on the last note.

