

# High Low And In Between

拍數: 64      牆數: 2      級數: Improver  
編舞者: Lu Olsen (AUS) - October 2007  
音樂: High Low and In Between - Mark Wills



## RIGHT HEEL BALL CHANGE, CROSS, TOUCH, LEFT HEEL BALL CHANGE, CROSS, TOUCH

1&2      Right heel forward, step right beside left, step left forward  
3-4      Cross right over left, touch left toe out to left side  
5&6      Left heel forward, step left beside right, step right forward  
7-8      Cross left over right, touch right toe out to right side (12:00)

## CROSS, TOUCH, CROSS, TOUCH, FORWARD, BACK ¼ TURN, SIDE SHUFFLE

1-2-3-4      Cross right over left, touch left to left side, cross left over right, touch right to right side  
5-6-7&8      Rock right forward, rock left back and ¼ right turn, right side shuffle stepping right, left, right (3:00)

## CROSS, SIDE, LEFT SAILOR, CROSS, SIDE, RIGHT SAILOR

1-2      Cross left over right, step right to right  
3&4      Step left behind right, step right to right side, step left to left side  
5-6      Cross right over left, step left to left  
7&8      Step right behind left, step left to left side, step right to right side

## FORWARD, REPLACE, ½ LEFT TURN SHUFFLE FORWARD, FORWARD, ½ PIVOT, SHUFFLE FORWARD

1-2-3&4      Rock left forward, recover onto right, ½ left turn shuffle forward stepping left-right-left  
5-6-7&8      Step right forward, ½ left pivot turn, shuffle forward right, left, right (3:00)

## MAKE ¼ RIGHT TURN, SHUFFLE FORWARD, ¼ RIGHT TURN, SHUFFLE FORWARD, FORWARD, BACK, LEFT COASTER

&1&2      ¼ right turn, shuffle forward stepping left, right, left  
&3&4      ¼ right turn, shuffle forward stepping right, left, right  
5-6-7&8      Rock left forward, rock right back, step left back, step right beside left, step left forward (9:00)

## FORWARD, LOCK, LOCK SHUFFLE, FORWARD, ¼ TURN, SIDE SHUFFLE LEFT

1-2-3&4      Right forward, lock left behind right, right forward, lock left behind right, step right forward  
5-6-7&8      Left forward, step right back and ¼ left turn, shuffle left stepping left, right, left

RESTART HERE - wall 2 and 4 (6:00)

## TOUCH TOE, TOUCH HEEL, TOGETHER, CROSS, SIDE, LEFT SAILOR, FORWARD, FORWARD

1-2&      Touch right toe inwards beside left foot, touch right heel (toe facing outwards) right beside left  
3-4      Cross left over right, step right to right side  
5&6      Step left behind right, step right to right side, step left to left side  
7-8      Step right forward, step left forward

## SIDE, SIDE, BACKWARDS TRAVELING RIGHT SAILOR, LEFT SAILOR, ROCK BACK FORWARD

1-2      Step right to right side, rock left to left side  
3&4      Traveling backwards sailors- step right behind left, step left to left side, step right to right side  
5&6      Step left behind right, step right to right side, step left to left side  
7-8      Rock right back, rock left forward (6:00)

REPEAT

RESTART: On walls 2 and 4 dance to count 48 and start again

**ENDING: Dance to count 46 then add**

47-48            Step left to left side, hold to finish to the front

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