

Higher & Higher

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Max Perry (USA) - March 2008
音樂: (Your Love Keeps Lifting Me) Higher and Higher - Michael McDonald



Mambo Basic

1,&,2,3,&,4 Rock forward w/left foot, step in place w/right foot, bring left foot next to right, rock back w/right foot, step in place w/left foot, bring right foot next to left

Mambo Side Rock Steps

5,&,6,7,&,8 Rock step side w/left foot, step in place w/right foot, bring left foot next to right, rock step side w/right foot, step in place w/left foot, bring right foot next to left

Syncopated Points & Touches - Side, Side , Forward, Forward

1&2& Touch Left toe to left side (1), Step Left next to Right (&), Touch Right toe to right side (2), Step Right next to left (&)

3&4& Touch Left heel forward (3), Step Left next to right (&), Touch Right heel forward (4), Step Right next to left (&)

Walk Forward, Forward, Kick Forward, Step Out, Out

5,6 Step forward L,R

7&8 Kick L forward, Step L slightly to left side (out), Step R slightly to R (out)

Step In, Cross In Front, Side, Syncopated Weave Left

&1 Step L in towards R foot (home), Cross R over L

2 Step L to left side

3&4 Cross R behind L, Step L to left side, Cross R over L

Left Side Rock, Sailor Shuffle Turning 1/4 Left

5,6 Rock L to left side, Step R in place (recover)

7&8 Cross L behind R, Step R in place, Step L in place turning 1/4 left (9:00 wall)

Forward Rock Step, R Shuffle Back, L Shuffle Back, R Shuffle Turning 1/2 Right

1,2 Rock R forward, Step L in place (recover)

3&4 R shuffle back – Turn body slightly to right to angle the shuffle step

5&6 L shuffle back – Turn body slightly to left to angle the shuffle step

7&8 R shuffle turning 1/2 right to face 3:00 wall