

High Heels

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Sebastiaan Holtland (NL) & MayKwee - May 2010
音樂: Fast Life - Hadise



Intro: 32 count (16 sec)

S1: 1-8 Out, Out, Back, Cross, Side Point, Cross, 1/2 Unwind L

- 1-2 Step Rf out to the right side, step Lf out to the left side take weight onto both feet (12:00)
- 3-4 Step back on Rf, and cross Lf over Rf weight onto Lf
- 5-6 Point Rf out to the right side, and cross Rf over Lf take weight onto both feet
- 7-8 Unwind 1/2 left onto both feet (6), and take weight onto Lf wall 6 ## 2nd Restart Point ##

S2: 9-16 Step Lock & Step Lock 1/4 L, Pivot 1/2 L, Continue 1/2 L, Back, Together

- 1-2& Step Rf forward diagonal right, lock Lf behind Rf, step Rf forward diagonal right
- 3-4& Step Lf forward diagonal left, lock Rf behind Lf, make 1/4 turn to Left (3) stepping Lf next to Rf weight onto Lf
- 5-6 Step forward on Rf, making a 1/4 turn left (9) and take weight onto Lf
- 7-8 Continue a 1/2 turn left (3) and stepping back onto Rf, and step Lf next to Rf weight onto both feet

S3: 17-24 Back, Heel Fwd, Replace-Together, Fwd Rock / Recover, 1/4 Turn R, Side Rock / Recover

- 1-2 Step back on Rf, and bring L heel forward (Toes Up) holding weight onto Rf (3)
- 3-4 Step Lf back in place, and step Rf next to Lf weight onto both feet
- 5-6 Rock forward on Rf, recover on Lf weight onto Lf
- 7-8 Making a 1/4 turn right (6) and rock Rf to the right side, recover on Lf weight onto Lf

Wall 3 ## 1st Restart Point ##

S4: 25-32 Together, Side Rock / Recover, Behind, 1/4 Turn R, Fwd, Lock step Fwd, Pivot 1/4 L

- &1-2 Step Rf next to Lf, and rock Lf to the left side, recover on Rf (6:00)
- 3-4 Step Lf behind Rf, making a 1/4 turn right (9) and step forward on Rf weight onto Rf
- 5&6 Step forward on Lf, lock Rf behind Lf, and step forward on Lf weight onto Lf
- 7-8 Step forward on Rf, making a 1/4 turn left (6) and take weight onto Lf

S5: 33- 40 Side, Hold, Side, Hold, Sailor 1/4 R, Step, Sailor 1/4 R, Together

- 1-2 Step Rf out to the right side, HOLD
- 3&4 Cross Lf behind Rf, making a 1/4 turn right (9) and step Rf to the right side, and stepping forward on Lf weight onto Lf
- 5-6 Step Rf out to the right side, HOLD
- 7&8 Cross Lf behind Rf, making a 1/4 turn right (12) and step Rf to the right side, and step Lf next to Rf weight onto both feet

S6: 41-48 Toe Splits, HOLD, Together, HOLD, Fwd Rock / Recover, 1/4 Turn R, Side Rock / Recover

- &1-2 (Toe splits) Step forward on R heel and step forward on L heel and split both toes out (&1), HOLD
- &3-4 Step both feet together (&3), HOLD
- 5-6 Rock forward on Rf, recover on Lf weight onto Lf
- 7-8 Making a 1/4 turn right (3) and rock Rf to the right side, recover on Lf weight onto Lf

Start Again!

Restarts Wall 3 & 6:

- 1st Restart after count 24 (Facing 12 o'clock)

- 2nd Restart after count 8 (Facing 12 o'clock)

smoothdancer79@hotmail.com / dancefreaky_maykwee@hotmail.com
