

Higher

拍數: 32 牆數: 4 級數: Beginner
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音樂: Come On Get Higher - Matt Nathanson



[1-8] 2 Walks, Mambo Fwd, Step Back, ½ Turn, 1¼ Triple Turn

1 RF start to step forward
&
2 RF step down
3 LF step forward
4 RF rock forward
&
5 LF recover
6 RF step back
7 LF step back
8 RF ½ turn right step forward
9 LF step next to RF ¾ turn right
&
10 RF ¼ turn right step forward
11 LF ¼ turn right step side left (9:00)

[9-16] Heel Ball Cross, Rock, Recover, Cross, ¼ Turn Rock, Recover, Walk Back X2, ½ Turn Step Fwd

1 RF with toe on floor tap heel diagonally right forward
&
2 RF step on ball closer to LF
3 LF cross over RF
4 RF rock side right
&
5 LF recover
6 RF cross over LF
7 LF ¼ turn left rock forward (6:00)
8 RF recover
9 LF step back
10 RF step back
11 LF ½ turn left step forward (12:00)

[17-24] Large Step Forward, Drag, Cross-Out-Out X2 Traveling Back, Step Fwd, ¾ Turn Sweep

1 RF large step forward
2 LF drag to RF
3 LF cross over RF
&
4 RF step side and slightly back
5 LF step side and slightly back
6 RF cross over LF
&
7 LF step side and slightly back
8 RF step side and slightly back
9 LF step forward
10 LF ¾ turn left sweep RF back to front (3:00)

[25-32] Step Fwd, ½ Turn, 2 Walks, Rock, Recover, Cross, Walk Around

1 RF step forward
2 LF ½ turn left step forward (9:00)
3 RF step forward
4 LF step forward
&
5 RF rock side right and slightly forward
6 LF recover
7 RF cross over LF

- 7 LF 1/8 turn right step forward (10:30)
 - & RF 3/8 turn right cross in front of LF (3:00)
 - 8 LF step side left and slightly forward
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