

Make Me High

拍數: 32 牆數: 2 級數: Novice WCS
編舞者: Lone Darling (DK) & Nellie Darling (DK) - May 2011
音樂: You're Makin' Me High - Toni Braxton



(Start on vocals)

Walk x2, ½ turn, mambo step, anchor step

- 1 . Walk back on right
- 2 . Walk back on left
- 3 . Turn ½ over right shoulder – step forward on right (6:00)
- 4 . On ball of right turn ½ over right shoulder – sweep left (12:00)
- 5 . Rock forward on left
- & . Recover on right
- 6 . Step left next to right
- 7 . Step right behind left in 3rd position
- & . Put weight on left
- 8 . Put weight on right

Walk x2, ¼ cross over, slide, touch, step side, arm swing, pose.

- 1 . Walk forward on left
- 2 . Walk forward on right
- & . Step forward on left
- 3 . Turn ¼ right – cross R over L (3:00)
- 4 . Turn ¼ left – step forward on left (12:00)
- 5 . Turn ¼ left – slide right foot back – bend left knee (9:00)
- 6 . Drag right next to left
- 7 . Step right to right side – swing right arm clockwise from front to back
- 8 . Grab left wrist with right hand and put both arms over head while push hips back(7:30)

Walk x2, anchor step with sweep, sailor step, slide, and flick.

- & . Step left next to right (9:00)
- 1 . Walk forward on right
- 2 . Walk forward on left
- 3 . Step right behind left in 3rd position
- & . Put weight on left
- 4 . Put weight on right while you sweep left from front to back at same time
- 5 . Cross left behind right
- & . Step right to right side
- 6 . big step to left side (last step in the sailor)
- 7 . Drag right next to left
- 8 . Put weight on right – flick left back(6:00) head look at (12:00) (on the same count)

Cross, Turn, push (Lunge), back, drag, step back, Bend, drop heel, triple turn right with hitch.

- & . Cross left over right (9:00)
- 1 . Turn ¾ right – end weight on right
- 2 . Lunge forward on left
- 3 . Step back on right – slide left heel towards right
- 4 . Step back on left
- 5 . Bend both knees and look back – while lift right heel (12:00)
- 6 . Look forward, Put right heel down – while straighten legs (6:00)
- 7 . Turn ½ right – step back on left while hitch right

& . Turn ½ right – step forward on right while hitch left
8 . Step forward on left

Repeat

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