

High Road

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Val Parry (UK) - May 2011
音樂: High Road - Alexis Jordan : (Single)



INTRO: 16 counts.

Section 1 – Jazz Box turn ¼ Back rock 1/2

1 - 2 Cross Right over Left, Step back on Left
3 - 4 Step Right to right side, Cross Left in front of Right
5 - 6 Turn ¼ left and step back on Right, Rock back on Left
7 - 8 Recover weight forward on Right, Turn ½ right and step back on Left 3

Section 2 – Back Rock, Shuffle Forward, Forward Rock Behind turn step

1 - 2 Rock Back on Right, Recover weight forward onto Left
3 & 4 Shuffle Forward stepping forward on Right, Step Left next to Right, Step forward on Right
5 - 6 Forward on Left, Recover weight back onto Right
7 & 8 Cross Left behind Right, Turn ¼ right stepping Right forward, Step forward on Left 6

Section 3 – Out Out In In , Hip Roll

1 - 2 Stomp forward stepping Right out to right side & Left out to left side
3 & 4 Stomp back stepping Right back to centre & Stepping Left next to Right
5 - 8 Touching Right toe slightly forward circle hips anticlockwise full circle twice 6

Section 4 - ¼ pivot x2, Jazz Box

1 - 2 Step forward on Right, turn ¼ left taking weight on Left foot
3 - 4 Step forward on Right, turn ¼ left taking weight on Left foot
5 - 6 Cross right foot over left, Step Left foot back
7 - 8 Step Right foot to right, step Left foot slightly left 12

Section 5 – Cross Rock, Shuffle ¼, Forward Rock, Shuffle ½

1 - 2 Rock Right over Left, Recover weight on Left
3 & 4 Step Right to right side, Step Left next to Right, Turn ¼ right stepping forward on Right
5 - 6 Rock forward on Left, Recover weight on Right
7 & 8 Turn ¼ left and step Left to left side, Step Right next to Left, Turn ¼ left stepping forward on Left 9

Section 6 – 1/8 paddle x 2, Cross Hold & Cross Side

1 - 2 Touch Right toe forward, push 1/8 left, keeping weight on Left
3 - 4 Touch Right toe forward, push 1/8 left, keeping weight on Left
5 - 6 Cross Right over Left, HOLD
&7 - 8 Step Left slightly left, Cross Right over Left, Step Left to left side 6
*** RESTARTS HERE ON WALL 2 (facing 9 o'clock) and WALL 4 (facing 6 o'clock)

Section 7 – Weave ¼ Mambo forward, Step back, Hold and Back and Back

1 - 2 Cross Right behind Left, Turn ¼ left stepping forward on Left
3 & 4 Forward on Right, Recover weight back onto Left, Step back on Right
5 - 7 Step back on Left. HOLD with clap
&7 &8 Step Right next to Left, Step back on Left. Step Right next to Left, Step back on Left 3

Section 8 – Back Rock, Shuffle forward, Forward rock, Coaster Step

1 - 2 Rock back on Right, Recover weight forward on Left
3 & 4 Shuffle forward stepping Right forward, Step next to Right, Step Right forward

5 - 6 Rock forward on Left, Recover weight back on Right
7 & 8 Step back on Left, Step Right next to Left, Step forward on Left 3

***** Restarts on Walls 2 & 4 at end of Section 6**

Ending ... Dance finishes on Count 8 of section 4 Change counts 5- 8 of section 4 to a quarter Jazz box

5 - 6 Cross right foot over left, Step Left foot back
7 - 8 Turning $\frac{1}{4}$ right, step Right foot to right, step Left foot next to Right 12

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