

HIGHS & LOWS

Choreographers: Alison Johnstone (AU)

Music: Highs & Lows by Matt Cooper Avail Spotify, I Tunes etc

Level: Beginner

Counts: 32

Walls: 2

Start: 16 Beats

NO TAGS / RESTARTS

1-8 HEEL STRUTS WITH CLAPS, SYNCOPATED ROCKING CHAIR,

1&2& Rt heel fwd, Step onto Rt with a Clap (&), Lft heel fwd, Step onto Lft with a Clap (&)

3&4& Rt heel fwd, Step onto Rt with a Clap (&), Lft heel fwd, Step onto Lft with a Clap (&)

5&6& Rock Rt fwd, Recover L (&), Rock Rt back, Recover L (&)

7&8 Rock Rt fwd, Recover L (&), Step back R

**** On each Chorus Clap Low (drop a little through knees if you can) on the last two Heel Struts****

9-16 BACK LOCK STEP, ¼ CHASSE, CROSS ROCK, SIDE ROCK, BEHIND SIDE FRONT (3.00)

1&2 Step back L, Cross Rt over Lft (&), Step back L

3&4 Turn ¼ over R on L as you step R side, Step L together (&), Step R side (9.00)

5&6& Cross Rock L over R, Recover R (&), Rock L side, Recover R (&)

7&8 Step L behind R, Step R side (&), Step L fwd

17-24 JAZZ BOX ¼ (6.00), JAZZ BOX ¼ CROSS (9.00)

1-2 Cross R over L, Step Back 1/8 over R on L (4.30)

3-4 1/8 over R step R side, Step L slightly fwd (6.00)

5-6 Cross R over L, Step Back 1/8 over R on L (7.30)

7-8 1/8 over R step R side, Cross L over R (9.00)

25-32 SIDE, TOUCH CLAP, SIDE TOUCH CLAP, SIDE, TOGETHER, SIDE, TOUCH SIDE, TOUCH CLAP, SIDE TOUCH CLAP, SIDE, TOGETHER, ¼ STEP FWD (6.00)

1&2& Step R to side, Touch L together Clap (&), Step L to side, Touch R together Clap (&)

3&4& Step R side, Step L together (&), Step R side, Step L together (&)

5&6& Step L to side, Touch R together Clap (&), Step R to side, Touch L together Clap (&)

7&8 Step L to side, Step R together (&), Step L ¼ fwd (6.00)

****Start again****

Ending – You will be facing 9.00 on last &8 Simply Step back on R ¼ over R to face front, Hold
TADA!!!!!!

Contact: alison@nulinedance.com M: +61 404 445 076 W: www.nulinedance.com