

# HIGHLAND

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**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** Ben van den Kommer & Emmy Deutekom

**Music:** Highland by One More Time

## IRISH JIG, TRIPLE STEP IN PLACE, IRISH JIG, TRIPLE STEP IN PLACE

- &      Right foot cross in front of left leg at knee-level
- 1&2      Triple step in place right-left-right
- &      Left foot cross in front of right leg at knee-level
- 3&4      Triple step in place, left-right-left

## IRISH REEL (REVERSED RUNNING MAN)

- 5      Right foot step behind left foot
- &      Left foot hitch, right foot scoots forward
- 6      Left foot step behind right foot
- &      Right foot hitch, left foot scoots forward
- 7      Right foot step behind left foot
- &      Left foot hitch, right foot scoots forward
- 8      Left foot step behind right foot

## ¼ TWIST RIGHT, ¼ TWIST LEFT, ¼ TWIST RIGHT, COASTER STEP

- 9&10      Twist heels ¼ right, twist heels ¼ left, twist heels ¼ right
- 11&12      Left foot step back, right foot step next to left foot, left foot step forward

## FULL TURN TO THE LEFT WITH 4 PADDLE TURNS

- 13      Push with ball of right foot
- &      Turn ball left foot ¼
- 14      Push with ball of right foot
- &      Turn ball left foot ¼
- 15      Push with ball of right foot
- &      Turn ball left foot ¼
- 16      Push with ball of right foot

**&** Turn ball left foot  $\frac{1}{4}$

### **CROSS OVER, POINT 4 X**

**17** Right foot cross over left foot

**18** Left foot point toe right

**19** Left foot cross over right foot

**20** Right foot point toe left

**21-24** Repeat 17-20

### **JAZZ TRIANGLE, HOP, STOMP**

**25** Right foot cross over left foot

**26** Left foot step back

**27** Right foot step next to left foot

**&28** Hop 2 times back on right foot, while toe of left foot points backwards

**29** Left foot step forward

**30** Right foot step next to left foot (weight stays on left foot)

**31** Right foot tap heel to front

**32** Right foot stomp next to left

### **REPEAT**

**Stretch arms in paddle turns and look in the direction of movement.**

**Styling 17-24: cross arms in front of body and open arms up while pointing toes, at the same time look in the direction of pointed toes**