

Take You High, Take You Low

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Count: 32

Wall: 2

Level: Beginner / Improver

Choreographer: Karen Kennedy (Nuline - August 2014)

Music: Any Way The Wind Blows by Home Free. Album: Crazy Life

Intro:- Start dance on heavy beat just before the vocal approx 7 seconds into music

RIGHT ROCKING CHAIR, RIGHT HEEL GRIND, BACK ROCK, RECOVER

- 1 -2 Rock forward on right, recover on left
- 3 -4 Rock back on right, recover on left
- 5 -6 Step right heel forward and grind $\frac{1}{4}$ right, step back on left (3.00)
- 7 -8 Rock back on right, recover on left

$\frac{1}{4}$ MONTEREY TURN, RIGHT JAZZ BOX CROSS

- 1 -2 Point right toe to right side, $\frac{1}{4}$ turn right on ball of left stepping right beside left (6.00)
- 3 -4 Point left toe to left side, step left beside right
- 5 -6 Cross right over left, step back on left
- 7 -8 Step right to right side, cross left over right * Restart here during wall 2 and 5

RIGHT CHASSE, ROCK BACK, RECOVER, LEFT CHASSE, ROCK BACK, RECOVER

- 1&2 Step right to right side, close left beside right, step right to right side
- 3 -4 Rock back on left, recover on right
- 5&6 Step left to left side, close right beside left, step left to left side
- 7 -8 Rock back on right, recover on left (6.00)

$\frac{1}{2}$ TURNING SHUFFLE, ROCK BACK, RECOVER, $\frac{1}{2}$ SHUFFLE TURN, ROCK BACK, RECOVER

1&2 $\frac{1}{2}$ shuffle turning left, - stepping right, left, right (12.00)

- 3 -4 Rock back on left, recover on right

5&6 $\frac{1}{2}$ shuffle turning right - stepping left, right, left (6.00)

- 7 -8 Rock back on right, recover on left

RESTART

Note :- Restart dance twice during wall 2 and 5 dancing to the end of section 2. First restart during wall 2 will take you to front wall and second restart will take you to back wall.

Please do not mix this song up with one called Anyway The Wind Blows by Brother Phelps and a few other artists.

This song by Home Free is very different in both style and content and is called Any Way The Wind Blows.

Please get in touch if you cannot find the music.

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