

# Running On High

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**Count:** 32      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Ria Vos (NL) - November 2021

**Music:** - Mitch Rossell

## Intro: 16 Counts

**Basic NC R,  $\frac{1}{4}$  R,  $\frac{1}{2}$  R, Step Pivot  $\frac{1}{4}$  R,  $\frac{1}{8}$  R Step Fwd w/Sweep, Cross,  $\frac{1}{8}$  R Side, Rock Back,  $\frac{1}{4}$  L,  $\frac{1}{2}$  L**

**1-2&**      Step R to R Side, Step L Behind R, Cross R Slightly over L

**3& $\frac{1}{4}$  Turn R Step Back on L,  $\frac{1}{2}$  Turn R Step Fwd on R (9:00)**

**4&**      Step Fwd on L, Pivot  $\frac{1}{4}$  Turn R (12:00)

**5 $\frac{1}{8}$  Turn R Step Fwd on L Sweeping R from Back to Front (1:30)**

**6&**      Step R Fwd and Slightly Crossed Over L,  $\frac{1}{8}$  Turn R Step L to L Side (3:00)

**7&**      Rock Back on R, Recover on L

**8& $\frac{1}{4}$  Turn L Step Back on R,  $\frac{1}{2}$  Turn L Step Fwd on L (6:00)**

## Prissy Walk x2, Rocking Chair, Lunge R, Full Turn L, Side, Touch, Side, Touch

**1-2**      Step R Fwd Slightly Crossed over L, Step L Fwd Slightly Crossed over R

**3&4&**      Rock Fwd on R, Recover on L, Rock Back on R, Recover on L \*\*\*Restart Wall 3

**5**      Step and Lunge R to R Side

**6& $\frac{1}{4}$  Turn L Step Fwd on L,  $\frac{1}{2}$  Turn L Step Back on R (9:00)**

**7& $\frac{1}{4}$  Turn L Step L to L Side, Touch R Next to L (6:00)**

**8&**      Step R to R Side, Touch L Next to R

**Side, Behind, Side, Cross Rock,  $\frac{1}{4}$  R,  $\frac{1}{2}$  R,  $\frac{1}{4}$  R Side w/ Sweep, Weave R, Sweep, Behind,  $\frac{1}{4}$  L**

**1-2&**      Step L to L Side, Step R Behind L, Step L to L Side

**3&**      Cross Rock R Over L, Recover on L

**4& $\frac{1}{4}$  Turn R Step Fwd on R,  $\frac{1}{2}$  Turn R Step Back on L (3:00) \*\*\*Restart Wall 6**

## **5¼ Turn R Step R to R Side Sweeping L in Front (6:00)**

**6&7** Cross L Over R, Step R to R Side, Step L Behind R Sweeping R from Front to Back

**8&** Step R Behind L, ¼ Turn L Step Fwd on L (3:00)

### **Diagonal R Step Lock Step, Diagonal L Step Lock Step, 1/8 L Rock Fwd, Slide Back, Coaster Step, Step Pivot 5/8 L**

**1&2** Step R Fwd to R Diagonal, Lock L Behind R, Step R Fwd to R Diagonal

**&3&** Step L Fwd to L Diagonal, Lock R Behind L, Step L Fwd to L Diagonal

**4&** Stay on L Diagonal (so this is 1/8 Turn L) Rock Fwd on R Recover on L (1:30)

**5** Step R Big Step Back Dragging L Towards R

**6&7** Step Back on L, Step R Next to L, Step Fwd on L

**8&** Step Fwd on R, Pivot 5/8 Turn L (6:00)

### **Restarts:**

**On wall 3 After Count 12& (6:00), On wall 6 After Count 20& Turn your ¼ Turn R to complete the Full Turn R to Start again with Count 1 (12:00)**