

HIGH LOW AND IN BETWEEN

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Count: 64

Wall: 2

Level: Beginner / Intermediate

Choreographer: Lu Olsen (Oct '07)

Music: High, Low, And In Between by Mark Wills [115 bpm]

RIGHT HEEL BALL CHANGE, CROSS, TOUCH, LEFT HEEL BALL CHANGE, CROSS, TOUCH

- 1&2** Right heel forward, step right beside left, step left forward
- 3-4** Cross right over left, touch left toe out to left side
- 5&6** Left heel forward, step left beside right, step right forward
- 7-8** Cross left over right, touch right toe out to right side (12:00)

CROSS, TOUCH, CROSS, TOUCH, FORWARD, BACK ¼ TURN, SIDE SHUFFLE

- 1-2-3-4** Cross right over left, touch left to left side, cross left over right, touch right to right side
- 5-6-7&8** Rock right forward, rock left back and ¼ right turn, right side shuffle stepping right, left, right (3:00)

CROSS, SIDE, LEFT SAILOR, CROSS, SIDE, RIGHT SAILOR

- 1-2** Cross left over right, step right to right
- 3&4** Step left behind right, step right to right side, step left to left side
- 5-6** Cross right over left, step left to left
- 7&8** Step right behind left, step left to left side, step right to right side

FORWARD, REPLACE, ½ LEFT TURN SHUFFLE FORWARD, FORWARD, ½ PIVOT, SHUFFLE FORWARD

- 1-2-3&4** Rock left forward, recover onto right, ½ left turn shuffle forward stepping left-right-left
- 5-6-7&8** Step right forward, ½ left pivot turn, shuffle forward right, left, right (3:00)

MAKE ¼ RIGHT TURN, SHUFFLE FORWARD, ¼ RIGHT TURN, SHUFFLE FORWARD, FORWARD, BACK, LEFT COASTER

&1&2 ¼ right turn, shuffle forward stepping left, right, left

&3&4 ¼ right turn, shuffle forward stepping right, left, right

- 5-6-7&8** Rock left forward, rock right back, step left back, step right beside left, step left forward (9:00)

FORWARD, LOCK, LOCK SHUFFLE, FORWARD, ¼ TURN, SIDE SHUFFLE LEFT

1-2-3&4 Right forward, lock left behind right, right forward, lock left behind right, step right forward

5-6-7&8 Left forward, step right back and ¼ left turn, shuffle left stepping left, right, left

RESTART HERE - wall 2 and 4 (6:00)

TOUCH TOE, TOUCH HEEL, TOGETHER, CROSS, SIDE, LEFT SAILOR, FORWARD, FORWARD

1-2& Touch right toe inwards beside left foot, touch right heel (toe facing outwards) right beside left

3-4 Cross left over right, step right to right side

5&6 Step left behind right, step right to right side, step left to left side

7-8 Step right forward, step left forward

SIDE, SIDE, BACKWARDS TRAVELING RIGHT SAILOR, LEFT SAILOR, ROCK BACK FORWARD

1-2 Step right to right side, rock left to left side

3&4 Traveling backwards sailors- step right behind left, step left to left side, step right to right side

5&6 Step left behind right, step right to right side, step left to left side

7-8 Rock right back, rock left forward (6:00)

REPEAT

RESTART: On walls 2 and 4 dance to count 48 and start again

ENDING: Dance to count 46 then add

47-48 Step left to left side, hold to finish to the front