

# Highs & Lows

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Anne Herd & Travis Taylor , Australia, December 2017, Version 1

**Music:** Highs & Lows by Emeli Sande. CD: Long Live the Angels (Deluxe) 3:14 - iTunes

**Intro: Start eight beats in weight on left**

**S1: CROSS SIDE SAILOR HEEL & CROSS, SIDE, SAILOR 1/4 L**

- 1-2** Cross R over L, Step L to L side
- 3&4&** Step R behind L, Step L to L side, Touch R heel on R, Step R together
- 5-6** Cross L over R, Step R to R side
- 7&8** Step L behind R, Step R to R side, 1/4 L Step L fwd. - 9:00

**S2: 1/4 R SIDE DRAG, BEHIND SIDE CROSS, SIDE TOUCH, & TOUCH, BALL CROSS**

**1-2 1/4 L Long Step R to R side whilst dragging L, Hold but continue the drag**

- 3&4** Step L behind R, Step R to R side, Cross L over R
- 5-6** Step R to R side, Touch L next to R
- &7** Step L to L side, Touch R next to L
- &8** Step R to R side, Cross L over R - 6:00

**S3: 1/4 TURN, SIDE ROCK, SHUFFLE FORWARD, FULL TURN, SHUFFLE FORWARD**

- 1-2** Rock R to R side, Recover to L whilst turning 1/4 L
- 3&4** Shuffle fwd. RLR
- 5-6** Turn 1/2 R stepping back on L, Turn further 1/2 R, stepping fwd. on R
- 7&8** Shuffle fwd. stepping LRL - 3:00

**S4: PRESS/ROCK FORWARD/RECOVER & PRESS/ ROCK FORWARD/RECOVER, HEEL, & HEEL, & PIVOT 1/4 L**

- 1-2&** Press/rock R forward with slight upper body roll, Recover L, Step R beside L
- 3-4&** Press/rock L forward with slight upper body roll, Recover R, Step L beside R
- 5&6&** Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R
- 7-8** Step R fwd. 1/4 L Pivot weight on L - 12:00

### **S5: CROSS BACK, BACK LOCK BACK, ROCK BACK/REPLACE, LOCK SHUFFLE FWD**

- 1-2** Cross R over L, Step back on L popping R knee fwd.
- 3&4** Step R back, Lock L over R, Step back on R
- 5-6** Rock back on L popping R knee fwd. Replace weight on R dropping R heel
- 7&8** Step L fwd. Lock R behind L, Step L fwd.

### **S6: STOMP, HOLD, STOMP HOLD, & TOUCH & TOUCH & CROSS SHUFFLE**

- 1-2** Stomp R to side, Hold
- 3-4&** Stomp L to side, Hold, Step R beside L
- 5&6** Touch L slightly in front of R, Step L beside R, Touch R slightly in front of L
- &7&8** Step R beside L, Cross shuffle L over R

### **S7: 1/4 L BACK SWEEP, BEHIND SIDE CROSS X 2**

#### **1-2 1/4 L Step R back whilst sweeping L around for 2 Counts**

- 3&4** Step L behind R, Step R to R side, Cross

#### **5-6 1/4 L Step R back whilst sweeping L around for 2 Counts**

- 7&8** Step L behind R, Step R to R side, Cross

### **S8: (ROCK & ROLL) ROCK FORWARD, 1/2 TURN R, 1/2 TURN R, ROCK BACK, KICKBALL STEP**

- 1-2-3-4** Rock R fwd. Recover to L, Turn 1/2 R, stepping fwd. on R, Turn further 1/2 R stepping back on L
- 5-6-7&8** Rock back on R, Recover to L, Kick R fwd. Step R beside L, Step fwd. on L

**Restart: On wall 3, dance to count 32 and Restart dance**

**Contacts: [anneherd@bigpond.com](mailto:anneherd@bigpond.com) - [dancewithtravis@gmail.com](mailto:dancewithtravis@gmail.com)**