

Highs and Lows

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Amy Glass (November 2016)

Music: Highs & Lows by Emeli Sande (3:15). iTunes, Amazon

#8 count intro

[1-8] Touch & Touch &, Vaudeville, & Cross, Back R with $\frac{1}{4}$ L, Triple Back

1&2& Touch R toe forward, Step RF next to LF, Touch L toe forward, Step LF next to RF

3&4& Cross RF over LF, Step LF to L, Touch R Heel to R diagonal, Step RF next to LF

5-6 Cross LF over RF, Step RF back while turning $\frac{1}{4}$ L (9:00)

7&8L shuffle back (L, R, L)

[9-16] Step Back, Touch, & Touch & Heel, & Cross, Back L with $\frac{1}{4}$ R, $\frac{1}{4}$ R Chasse

1-2 Step back on RF, Touch L toe forward

&3&4 Step LF next to RF, Touch R toe next to LF, Step back on RF, Touch L heel forward

&5-6 Step LF next to RF, Cross RF over LF turning $\frac{1}{4}$ R, Step back on LF turning $\frac{1}{4}$ R (3:00)

7&8 Step RF to R, Close LF next to RF, Step RF to R

[17-24] Cross, Side, Cross, Side, Together, Cross, Side, Cross Shuffle

1-2 Cross LF over RF, Step RF to R

3&4 Cross LF over RF, Step RF to R, Close LF next to RF

5-6 Cross RF over LF, Step LF to L

7&8 Cross RF over LF, Step LF to L, Cross RF over LF

[25-32] Walk Back L, R, L Coaster, Step Pivot $\frac{1}{2}$, Step Pivot $\frac{1}{4}$

1-2 Walk back L, R

3&4 Step back LF, Step RF next to LF, Step forward on LF

5-6 Step forward on RF, Pivot $\frac{1}{2}$ L (9:00)

7-8 Step forward on RF, Pivot $\frac{1}{4}$ L (6:00)

[33-40] Forward, Together, Shuffle Forward, Point Forward, Point Side, Sailor $\frac{1}{2}$ L

1-2 Step forward on RF, Step LF to R instep

- 3&4** Step forward on RF, Step LF to R instep, Step forward on RF
- 5-6** Point L toe forward, Point L toe to L side
- 7&8** Cross LF behind RF, Step RF in place beginning turn $\frac{1}{2}$ L, Finish turn $\frac{1}{2}$ L stepping LF to L (12:00)

[41-48] Step R, Touch, Step Touchx2, Side, Behind with Sweep, Behind Side $\frac{1}{4}$ R

- 1-2** Step RF to R, Touch LF next to RF
- &3&4** Step small step to L, Touch RF next to LF, Small step to R, Touch LF next to RF
- 5-6** Step LF to L, Cross RF behind LF while sweeping LF from front to back
- 7&8** Step LF behind RF, Step RF to R, Step forward on RF turning $\frac{1}{4}$ R (3:00)

[49-56] Rock, Recover, Toe Strut with $\frac{1}{2}$ R, $\frac{1}{4}$, $\frac{1}{4}$, Coaster

- 1-2** Rock RF forward, Recover weight on LF
- 3-4R toe strut turning $\frac{1}{2}$ to R (9:00)**
- 5-6** Turn $\frac{1}{4}$ R stepping LF to L, $\frac{1}{4}$ R stepping back on RF (3:00)
- 7&8** Step Back on LF, Step RF next to LF, Step LF forward

[57-64] Step Drag, Ball Step, Point Turning $\frac{1}{4}$ R, Point, Point, Sailor

- 1-2** Big step forward with RF, Drag LF next to RF
- &3-4** Step on ball of LF, Step RF in place, Point LF to L turning $\frac{1}{4}$ R
- 5-6** Point LF in front of RF, Point LF to side
- 7&8** Step LF behind RF, Step RF to R, Step LF to L

Have fun!

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