

HIGH 'N' LOW

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Keith Cross

Music: High, Low, And In Between by Mark Wills

LUNGE ROCK, RIGHT CHASSE, & LUNGE ROCK, SIDE, TOGETHER, ¼ TURN RIGHT

- 1-2** Cross rock (lunge) right over left, recover weight back onto left (optional: splay arms out to side on lunge)
- 3&4** Right side shuffle
- &5-6** Step left beside right, cross rock (lunge) right over left, recover weight back onto left (optional: splay arms to side)
- 7&8** Step right to right side, close left beside right, step right to right making ¼ turn right

STEP, ¾ PIVOT RIGHT, LEFT CHASSE, RIGHT SAILOR STEP, LEFT SAILOR STEP WITH ¼ TURN LEFT

- 1-2** Step left forward, pivot ¾ turn right
- 3&4** Left side shuffle
- 5&6** Right sailor step
- 7&8** Left sailor step making ¼ turn left

HIPS BUMPS UP, RIGHT KICK BALL CROSS, HIP BUMPS DOWN, LEFT KICK BALL CROSS

- 1-2** Touch right to right side bumping hips twice upwards to the right (optional: point right finger & arm upwards))
- 3&4** Right kick ball cross
- 5-6** Step right to right side bumping hips twice downwards to the right (optional: point right finger & arm downwards)
- 7&8** Left kick ball cross

STEP ½ PIVOT, STEP ½ PIVOT, LEFT ROCK STEP, ½ TRIPLE TURN LEFT

- 1-2** Step left forward, pivot ½ turn right (optional: arms down by side with hands outstretched palms down)
- 3-4** Step left forward, pivot ½ turn right (optional: arms) down by side with hands outstretched palms down)

- 5-6 Rock forward on left, recover weight back onto right
- 7&8 Triple step in place on left right left making ½ turn left

REPEAT

TAG

To be danced at start of 4th & 7th walls only for the Mark Wills song

CROSS TOUCHES TWICE, HITCH, TOUCH, & TOUCH, HOLD

- 1-2 Cross step right over left, touch left toe to left side
- 3-4 Cross step left over right, touch right toe to right side
- 5 Hitch right knee up & across left leg (optional: push right arm up to left diagonal pointing index finger up)
- 6 Touch right toe to right side (optional: push right arm down to right diagonal pointing index finger down)
- 7&8 Step right next to left, touch left toe to left side (&), hold (optional: arms down by side hands outstretched)

STEP LEFT BESIDE RIGHT (&), RIGHT TOE STRUT, LEFT TOE STRUT, SYNCOPATED STEP LOCKS FORWARD

- &1-2 Step left beside right, step forward on right toe, drop right heel to floor
- 3-4 Step forward on left toe, drop left heel to floor

5&6&(Traveling towards right diagonal) step right forward, lock left behind right, step right forward, lock left behind right

- 7&8& Step right forward, lock left behind right, step right forward, step left out to left side (&)