

High Heels

Count: 32 **Wall:** — **Level:** Beginner/Intermediate

Choreographer: Tom Mickers (Mar 09)

Music: One Step At A Time by Jordin Sparks

 **16 counts from first beat, on vocal**







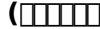



(app. 7 secs into track). Start with weight on L foot



1-4

Walk L,R,L, ¼ turn c.c.w. R step side (catwalk strides,

pose)

 - ,  ,  ,  **90** ( ,  **pose**) ( **12**)

5-8

Walk L,R, step L side out, step R side out (catwalk strides,




pose, pose)

 - ,  ,  ,  ( ,  **pose**,  **pose**)



1&2

sailor L,R,L while ¼ turn c.c.w.

 **90** - **90** ,  ,  ( **9**)

3&4

sailor R,L,R cross over, while moving forward

□□□□ - □□□□□□□□ , □□□ , □□□□□□□□ (□□□□)

5&6

sailor L,R,L cross over, while moving forward

□□□□ - □□□□□□□□ , □□□ , □□□□□□□□ (□□□□)

7&8

R forward and push hips up, swivel hips to L, L leg

bends (sit) and look left □□□□□□□□ , □□□ , □□□□□□□□

□□□

1&2

Twist heels out, in, out (to R, L, R) with 1/2 turn

c.c.w.

□□□□□□ 90° - □□□ , □□□ , □□□ (□□ 6□□)

3-4

Twist heels in and L hip up (to L), heels back out (to

R) and hip down (facing 6:00). □□□□□□□□ , □□□□□□□□ 6□□□

5&6

L cross behind, R step side, L cross over

□□□□□□□□ , □□□□ , □□□□□□□□

7-8

Unwind 1/2 turn c.w. pushing bottom backwards, push hips

forward

□□ 180□□□ , □□

□□

1-2

L cross check forward, recover R while ¼ turn c.c.w and

L leg rondes on floor □□□□□□□□ , □□ 90□□□□□□□□

3-4

step back L while R knee pops across L leg, step back R

while L knee pops across R leg.

□□□□□□□□□□ , □□□□□□□□□□

5-8

L reach back, L step back, R reach back, R step back

(while popping shoulders on the & counts)

□□□□ , (□□□□) , □□□□ , (□□□□) , □□□□ , (□□□□) , □□□□ , (□□□□)

TAG: Done AFTER the 3rd and 7th wall -

facing 9:00 both times, Do the FIRST 8 counts of the dance, face the side

wall, do the FIRST 8 counts again. Then face the side wall again to restart

the dance.

□□ :

□□□□□□□□□□□□□□□□ , □□□□□□□□□□ 8□□ , □□□□□□□□