

# Higher Ground

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**Count:** 72                      **Wall:** 2                      **Level:** Improver

**Choreographer:** Amy Christian -Sohn (Aug 2011)

**Music:** Higher Ground by UB40

**Intro: Start when Drums Start. (Right after the lyrics "Higher Ground". Approximately at 0.24secs.)**

**S1: R SIDE MAMBO, L SIDE MAMBO, ROCK, RECOVER, TRIPLE ½,**

- 1&2**            Step R to right side, Recover on L, Step R next to L,  
**3&4**            Step L to left side, Recover on R, Step L to next to R,  
**5-6**            Rock forward on R, Recover on L,  
**7&8**            Triple ½ turning right, R,L,R, (6:00),

**S2: L SIDE MAMBO, R SIDE MAMBO, ROCK, RECOVER, ¼ SIDE SHUFFLE,**

- 1&2**            Step L to left side, Recover on R, Step L next to R,  
**3&4**            Step R to right side, Recover on L, Step R next to L,  
**5-6**            Rock forward on L, Recover on R,

**7&8¼ Turn left, shuffle to left side, (9:00),**

**S3: WEAVE LEFT,**

- 1-4**            Step R across L, Step L to left side, Step R behind L, Step L to left side,

**S4-S6: Repeat the above 20 counts again, which is,....**

**R SIDE MAMBO, L SIDE MAMBO, ROCK, RECOVER, TRIPLE ½,**

**L SIDE MAMBO, R SIDE MAMBO, ROCK, RECOVER, ¼ SIDE SHUFFLE,**

**WEAVE LEFT,**

**S7: STEP BUMP & BUMP, STEP BUMP & BUMP, ROCK, RECOVER, ¼ SIDE SHUFFLE,**

- 1&2**            Step R forward and Double Bump,  
**3&4**            Step L forward and Double Bump,  
**5-6**            Rock forward on R, Recover on L,

**7&8¼ Turn right, Side Shuffle, (9:00),**

**S8: CROSS ROCK SIDE, CROSS ROCK SIDE, STEP, PIVOT ½, STEP PIVOT ½,**

- 1&2** Rock L over R, Recover on R, Step L to left side,  
**3&4** Rock R over L, Recover on L, Step R to right side,  
**5-6** Step forward on L, Pivot ½ turn right on R, (3:00),  
**7-8** Step forward on L, Pivot ½ turn right on R, (9:00),(Option - do a Rocking Chair on counts 5-8)

**S9: KICKBALL STEP, KICKBALL STEP, DOUBLE BUMP, HIP ROLL,**

- 1&2** Kick L forward, Step on ball of L, Step forward on R, (moving forward),  
**3&4** Kick L forward, Step on ball of L, Step forward on R, (moving forward),  
**5&6** Step L to left side as you bump left, twice,  
**7-8** Roll hips counter clockwise, weight ending on L,

**S10: TRIPLE FWD, TRIPLE FWD, 1/8 HIP ROLLS,**

- 1&2** Triple forward, R,L,R,  
**3&4** Triple forward, L,R,L,

**5-6 1/8 pivot turning left, R, L,(4:00),**

**7-8 1/8 pivot, turning left, R,L, (6:00),**

**Begin again!!!**