

High Heels

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Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Tom Mickers (Mar 09)

Music: One Step At A Time by Jordin Sparks

***starts facing the 3:00 wall**

1-4 Walk L,R,L, $\frac{1}{4}$ turn c.c.w. R step side (catwalk strides, pose)

5-8 Walk L,R, step L side out, step R side out (catwalk strides, pose, pose)

1&2 sailor L,R,L while $\frac{1}{4}$ turn c.c.w.

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 $\frac{1}{2}$ turn c.c.w.

3-4 Twist heels in and L hip up (to L), heels back out (to R) and hip down (facing 6:00).

5&6 L cross behind, R step side, L cross over

7-8 Unwind $\frac{1}{2}$ turn c.w. pushing bottom backwards, push hips forward

1-2 L cross check forward, recover R while $\frac{1}{4}$ turn c.c.w and L leg rondes on floor

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.