



Approved by:



High Life

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 3 & 4 5 & 6 7 & 8	Forward Shuffle, Forward Mambo, Coaster Step, Step Pivot 1/4 Cross Step right forward. Close left beside right. Step right forward. Rock forward on left. Rock back onto right. Step left back. Step right back. Step left beside right. Step right forward. Step left forward. Pivot 1/4 turn right. Cross left over right. (3:00)	Right Shuffle Forward Mambo Coaster Step Step Pivot Cross	Forward On the spot Turning right
Section 2 1 & 2 & 3 & 4 5 & 6 7 & 8 Restart	Grapevine Cross, Side Mambo, Right Toe/Heel/Toe Swivel Step right to side. Cross left behind right. Step right to side. Cross left over right. Rock right to right side. Rock back onto left. Step right beside left. (Weight on left) Swivel right toe, heel, toe to right side. (Weight still left) Swivel right toe, heel, toe back in to left. Wall 3: Start the dance again from the beginning.	Grapevine Cross Side Mambo Toe Heel Toe Toe Heel Toe	Right On the spot
Section 3 1 – 2 3 & 4 5 – 6 7 & 8	Heel Touch, Toe Touch, Forward Shuffle (x 2) Touch right heel forward. Touch right toe back. Step right forward. Close left beside right. Step right forward. Touch left heel forward. Touch left toe back. Step left forward. Close right beside left. Step left forward.	Heel Toe Right Shuffle Heel Toe Left Shuffle	On the spot Forward On the spot Forward
Section 4 1 & 2 & 3 & 4 5 & 6 & 7 & 8	Rocking Chair, Step Pivot 1/2 Step, Side, Touch, Side, Kick, Coaster Step Rock forward on right. Recover onto left. Rock back on right. Recover onto left. Step right forward. Pivot 1/2 turn left. Step right forward. (9:00) Step left to left side. Touch right toe behind left. Step right to right side. Kick left diagonally forward left. Step left back. Step right beside left. Step left forward.	Rocking Chair Step Pivot Step Side Touch Side Kick Coaster Step	On the spot Turning left On the spot
Tag 1 – 2	Wall 6: Walk Forward x 2 Walk forward right. Walk forward left. (The music helps!) Then Restart the dance.	Walk Walk	Forward
Ending	Wall 10 (facing 6:00): After count 22 (Touch Left Toe Back): Turn 1/2 left to face front.		

Choreographed by: Severine Fillion (FR) November 2014

Choreographed to: 'High Life' by Brad Paisley from CD Moonshine In The Trunk; download available from amazon or iTunes (start on vocals)

Restart/Tag: One Restart during Wall 3, one 2-count Tag after Wall 6



A video clip of this dance is available at www.linedancermagazine.com