

High 'n' Low

32 count, 4 wall, Intermediate level

Choreographer : Keith Cross (UK) May 2001

Choreographed to : High, Low & In Between by Mark Wills

(Album: Mark Wills or Country Line Dancing Compilation

Album with 16 count tag on 4th & 7th wall) or Nine Eleven

by The Tractors (No tags)

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

- 1 - 2 Cross rock (lunge) right over left, Recover w eight 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 L R L making ½ turn left

TAG: TO BE DANCED AT START OF 4th & 7th WALLS ONLY

CROSS TOUCHES x 2, 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 (&), R TOE STRUT, L 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& (Travelling 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 (&)