



Approved by:

Maureen

Scared Of Heights

4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Side Right, Hold, Cross Rock, Side Left, Hold, Cross Rock		
1 – 2	Step right large step to right side. Hold.	Right Hold	Right
3 – 4	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
5 – 6	Step left large step to left side. Hold.	Left Hold	Left
7 – 8	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
Section 2	1/4 Turn, Hold, Cross Rock, Side, Together, Forward, Hold		
1 – 2	Turn 1/4 right and step right large step to right side. Hold.	Quarter Hold	Turning right
3 – 4	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
5 – 8	Step left to left side. Step right beside left. Step left forward. Hold.	Side Together Step Hold	Forward
Section 3	Step, Spin 1/2 With Kick, Step, Spin 1/2 With Flick, Rocking Chair		
1 – 2	Step right forward. Spin 1/2 turn left and kick left forward.	Step Turn	Turning left
3 – 4	Step left back. Spin 1/2 turn left and flick right back.	Back Turn	
5 – 8	Rock forward on right. Recover onto left. Rock back on right. Recover onto left.	Rocking Chair	On the spot
Section 4	Step Sweep x 2, Cross, 1/4 Turn Back, 1/4 Turn Side, Together		
1 – 2	Step right forward. Sweep left around to front.	Step Sweep	Forward
3 – 4	Step left forward. Sweep right around to front.	Step Sweep	
5 – 6	Cross right over left. Turn 1/4 right and step left back.	Cross Quarter	Turning right
7 – 8	Turn 1/4 right and step right to right side. Step left beside right.	Quarter Together	
Ending	Omit final 1/4 turn and step right to right side. Step left beside right. Step right to right side.		

Choreographed by: The Girls (Maureen & Michelle) (UK) July 2012

Choreographed to: 'Scared of Heights' by Morten Harket (150 bpm) from CD Single; download available from amazon.co.uk or iTunes (16 count intro)



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