

Highs and Lows

64 Count, 2 Wall, Intermediate

Choreographer: Amy Glass (USA) Nov 2016

Choreographed to: Highs & Lows by Emeli Sande

Track: 3:15m

- Section 1 Touch & Touch &, Vaudeville, & Cross, Back R with ¼ L, Triple Back**
1&2& Touch R toe forward, Step RF next to LF, Touch L toe forward, Step LF next to RF
3&4& Cross RF over LF, Step LF to L, Touch R Heel to R diagonal, Step RF next to LF
5-6 Cross LF over RF, Step RF back while turning ¼ L (9:00)
7&8 L shuffle back (L, R, L)
- Section 2 Step Back, Touch, & Touch & Heel, & Cross, Back L with ¼ R, ¼ R Chasse**
1-2 Step back on RF, Touch L toe forward
&3&4 Step LF next to RF, Touch R toe next to LF, Step back on RF, Touch L heel forward
&5-6 Step LF next to RF, Cross RF over LF turning ¼ R, Step back on LF turning ¼ R (3:00)
7&8 Step RF to R, Close LF next to RF, Step RF to R
- Section 3 Cross, Side, Cross, Side, Together, Cross, Side, Cross Shuffle**
1-2 Cross LF over RF, Step RF to R
3&4 Cross LF over RF, Step RF to R, Close LF next to RF
5-6 Cross RF over LF, Step LF to L
7&8 Cross RF over LF, Step LF to L, Cross RF over LF
- Section 4 Walk Back L, R, L Coaster, Step Pivot ½, Step Pivot ¼**
1-2 Walk back L, R
3&4 Step back LF, Step RF next to LF, Step forward on LF
5-6 Step forward on RF, Pivot ½ L (9:00)
7-8 Step forward on RF, Pivot ¼ L (6:00)
- Section 5 Forward, Together, Shuffle Forward, Point Forward, Point Side, Sailor ½ L**
1-2 Step forward on RF, Step LF to R instep
3&4 Step forward on RF, Step LF to R instep, Step forward on RF
5-6 Point L toe forward, Point L toe to L side
7&8 Cross LF behind RF, Step RF in place beginning turn ½ L,
Finish turn ½ L stepping LF to L (12:00)
- Section 6 Step R, Touch, Step Touchx2, Side, Behind with Sweep, Behind Side ¼ R**
1-2 Step RF to R, Touch LF next to RF
&3&4 Step small step to L, Touch RF next to LF, Small step to R, Touch LF next to RF
5-6 Step LF to L, Cross RF behind LF while sweeping LF from front to back
7&8 Step LF behind RF, Step RF to R, Step forward on RF turning ¼ R (3:00)
- Section 7 Rock, Recover, Toe Strut with ½ R, ¼, ¼, Coaster**
1-2 Rock RF forward, Recover weight on LF
3-4 R toe strut turning ½ to R (9:00)
5-6 Turn ¼ R stepping LF to L, ¼ R stepping back on RF (3:00)
7&8 Step Back on LF, Step RF next to LF, Step LF forward
- Section 8 Step Drag, Ball Step, Point Turning ¼ R, Point, Point, Sailor**
1-2 Big step forward with RF, Drag LF next to RF
&3-4 Step on ball of LF, Step RF in place, Point LF to L turning ¼ R
5-6 Point LF in front of RF, Point LF to side
7&8 Step LF behind RF, Step RF to R, Step LF to L

Have fun!