

## Highs & Lows

64 Count, 2 Wall, Intermediate

Choreographer: Anne Herd &amp; Travis Taylor (AU) Dec 2016

Choreographed to: Highs and Lows by Emeli Sande.

CD: Long Live the Angels (Deluxe)

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**Track:** 3:14min**Intro:** Start eight beats in weight on left**Section 1: Cross Side Sailor Heel & Cross, Side, Sailor 1/4 L**

1-2 Cross R over L, Step L to L side  
3&4& Step R behind L, Step L to L side, Touch R heel on R, Step R together  
5-6 Cross L over R, Step R to R side  
7&8 Step L behind R, Step R to R side, 1/4 L Step L fwd. - 9:00

**Section 2: 1/4 R Side Drag, Behind Side Cross, Side Touch, & Touch, Ball Cross**

1-2 1/4 L Long Step R to R side whilst dragging L, Hold but continue the drag  
3&4 Step L behind R, Step R to R side, Cross L over R  
5-6 Step R to R side, Touch L next to R  
&7 Step L to L side, Touch R next to L  
&8 Step R to R side, Cross L over R - 6:00

**Section 3: 1/4 Turn, Side Rock, Shuffle Forward, Full Turn, Shuffle Forward**

1-2 Rock R to R side, Recover to L whilst turning 1/4 L  
3&4 Shuffle fwd. RLR  
5-6 Turn 1/2 R stepping back on L, Turn further 1/2 R, stepping fwd. on R  
7&8 Shuffle fwd. stepping LRL - 3:00

**Section 4: Press/Rock Forward/Recover & Press/ Rock Forward/Recover, Heel, & Heel, & Pivot 1/4 L**

1-2& Press/rock R forward with slight upper body roll, Recover L, Step R beside L  
3-4& Press/rock L forward with slight upper body roll, Recover R, Step L beside R  
5&6& Touch R heel fwd. Step R beside L, Touch L heel fwd. Step L beside R  
7-8 Step R fwd. 1/4 L Pivot weight on L - 12:00

**Section 5: Cross Back, Back Lock Back, Rock Back/Replace, Lock Shuffle Fwd**

1-2 Cross R over L, Step back on L popping R knee fwd.  
3&4 Step R back, Lock L over R, Step back on R  
5-6 Rock back on L popping R knee fwd. Replace weight on R dropping R heel  
7&8 Step L fwd. Lock R behind L, Step L fwd.

**Section 6: Stomp, Hold, Stomp Hold, & Touch & Touch & Cross Shuffle**

1-2 Stomp R to side, Hold  
3-4& Stomp L to side, Hold, Step R beside L  
5&6 Touch L slightly in front of R, Step L beside R, Touch R slightly in front of L  
&7&8 Step R beside L, Cross shuffle L over R

**Section 7: 1/4 L Back Sweep, Behind Side Cross X 2**

1-2 1/4 L Step R back whilst sweeping L around for 2 Counts  
3&4 Step L behind R, Step R to R side, Cross  
5-6 1/4 L Step R back whilst sweeping L around for 2 Counts  
7&8 Step L behind R, Step R to R side, Cross

**Section 8: (Rock & Roll) Rock Forward, 1/2 Turn R, 1/2 Turn R, Rock Back, Kick Ball Step**

1-2-3-4 Rock R fwd. Recover to L, Turn 1/2 R, stepping fwd. on R, Turn further 1/2 R stepping back on L  
5-6-7&8 Rock back on R, Recover to L, Kick R fwd. Step R beside L, Step fwd. on L

**Restart:** On wall 3, dance to count 32 and Restart dance