



Chasing Highs

32 Count, 4 Wall, Improver (Phrased)
Choreographer: Pat Stott (UK) Feb 2018
Choreographed to: Chasing Highs by Alma

Sequence: A A B A A A B A A B

Intro: 32 counts (18 seconds)

PART A

Section 1 Heel grind, close, heel grind, close, rock forward, recover, shuffle back

1,2& Grind right heel, step back on left, close right to left
3,4&. Grind left heel, step back on right, close left to right
5-6. Rock forward on right, recover on left
7&8. Back on right, close left to right, back on right

(Alternative steps for heel grinds : cross rock, recover, close, cross rock, recover, close)

Section 2 Rock back, recover, shuffle forward, 2x 1/8th paddle turns left

1-2. Rock back on left, recover on right
3&4. Forward on left, close right to left, forward on left
5-8. Step right forward, turn 1/8th left transferring weight to left - TWICE
(Optional hip rolls anti-clockwise)

Section 3 Cross, side, back, together, heel jack, close, cross, side, back together, heel Jack, close

1-2. Cross right over left, left to left
3&4&. Turn body to right diagonal stepping back on right, close left to right,
extend right heel to right diagonal, close right to left
5-6. (Square up to 9 o'clock) cross left over right, right to right
7&8&. Turn body to left diagonal stepping back on left, close right to left,
extend left heel to left diagonal, close left to right

Section 4 Cross, 1/4 turn right, 1/4 right with chase to right, syncopated jazz box, step, step

1-2. Cross right over left, turn 1/4 right stepping back on left
3&4. Turn 1/4 right stepping right to right, close left to right, right to right
5-6. Cross left over right, back on right
&7,8. Step left to left on ball of foot, small step forward on right, step forward on left

Part B

Section 1 4 walks forward, 1/4 pivot left, step, ball, step, close

1-4. Walk forward - right, left, right, left (Optional pushing hands up - right, left, right, left)
5-6. Step forward on right, 1/4 pivot left transferring weight to left
7&8&. Step forward on right, close left to right on ball of foot, step forward on right, close left to right

This is danced 4 times, but on the 4th time change steps 5-8& to:

5-8. Paddle turn 1/8th left x 2

**Step right forward, turn 1/8th left transferring weight to left, right forward,
turn 1/8th left transferring weight to left**

ENDING: Dance 1-6 of the 4th Part B then cross right over left, turn 1/8th right stepping back on left,
turn 1/8th right stomp right to right, pushing both hands upwards and hold
(facing 12 o'clock)