



High On Life

32 Count, 4 Wall, Improver

Choreographer: Trine Haukø Lund (January 2019)

Choreographed to: Living In The Here And Now
by Darryl Worley

32 count intro

S1 Side, together, chasse R, cross rock, chasse L

1-2 Step RF to R, step ball of LF next to RF

3&4 Step RF to R, step LF next to RF, step RF to R

5-6 Cross rock LF in front of RF, recover on LF

7&8 Step LF to L, step RF next to LF, step LF to L

S2 Cross, sweep 1/4 turn R, lock step forward, rock forward, recover, back touch, back touch

1-2 Cross RF in front of LF, turn 1/4 R(3:00) while sweeping LF

3&4 Step LF forward, step ball of RF behind LF, step LF forward

5-6 Rock RF forward, recover on LF

&7&8 Step RF backwards, touch LF next to RF, step LF backwards, touch RF next to LF

Restart here in wall 5

S3 Rock backwards, recover, lock step forward, pivot 1/2 turn R, lock step forward

1-2 Rock RF backwards, recover on LF

3&4 Step RF forward, step ball of LF behind RF, step RF forward

5-6 Step LF forward, turn 1/2 R(9:00), recover on RF

7&8 Step LF forward, step ball of RF behind LF, step LF forward

S4 Rocking chair, sway hips R-L-R-L

1-2 Rock RF forward, recover on LF

3-4 Rock RF backwards, recover on LF

5-6 Step RF to R, sway hip R, sway hip L

7-8 Sway hip R, sway hip L and touch RF next to LF

Restart in wall 5 after 16 counts, facing 3:00



www.linedancerweb.com



[@LinedancerHQ](https://twitter.com/LinedancerHQ)



contact@linedancerweb.com



, 166 Lord Street, Southport, United Kingdom, PR9 0QA

Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768 charged at 10p per minute

Why not join us for your next line dancing holiday visit www.KingsHillDanceHolidays.com