



Crystal Boot Awards

CHOREOGRAPHY COMPETITION

2022 ENTRY

High Life

32 Count 4 Wall Intermediate Level Dance.

Choreographed by: Deborah O'Hara (CAN) Nov 2021

Choreographed to: High Life by Graham Scott Fleming

Intro: 16 Counts. Start at approx 10 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 CROSS BACK BACK, CROSS UP UP, TOE STRUT, STEP BACK DRAG, TRIPLE ½

- 1-2& Cross R over L, Step back on L, Step back & open on R,
3&4 Cross L over R, Step back on R, Step open on L toe
5&6 Touch R toe front, Drop R heel, Take big step back on L dragging R heel back towards L
7&8 Step R ¼ R, Step L ¼ R, Step R on spot (6:00)

SEC 2 HEEL GRIND STEP, HEEL GRIND STEP, HEEL GRIND ¼, COASTER STEP

- 1&2 Extend L heel fwd twist from R to L bending low, Step back on R toe, Step open on L Toe
3&4 Extend R heel fwd twist from L to R bending low, Step back on L toe, Step open on R toe
5-6 Extend L heel fwd twist from R to L with ¼ turn L, Step on R (3:00)

Restart Here on Wall 6, Dance Tag 2 then Restart

- 7&8 Step back on L, Bring R back together with L, Step fwd on L

SEC 3 ROCK PUSH ½ PIVOT FLICK, LOCK STEP FWD PIVOT ½, STEP ½, HOLD

- 1-2 Put weight fwd on R toe push fwd, As you rock back on L, push body to make ½ turn R, Flick R toe back (9:00)
3&4 Step fwd R, Place L behind R, Step fwd R
5-6 Point L toe fwd, Pivot ½ turn R (3:00)
7-8 Continue turn ½ R, Hitch R knee up (9:00)

SEC 4 CROSS BACK BACK, CROSS BACK BACK, JAZZ BOX WITH TOE STRUTS, STOMP

- 1&2 Cross R over L, Step back L toe Step back & open R toe (coming up on toes moving back)
3&4 Cross L over R, Step back R toe, Step Back & open L toe (coming up on toes moving back)
5&6& Touch R toe over L, Drop R heel, Touch L toe Back, Drop L heel
7&8 Touch R toe open to side, Drop R heel, Stomp to side with L

Tag 1 At the end of Wall 1 & 3

SIDE, DRAG, TRIPLE STEP, ½ TURN, ½ TRIPLE STEP

- 1-2 Big step R, drag L to R bringing weight to L
3&4 Step R, L, R on spot with some hip action
5-6 Step L ¼ L, Step R ¼ L
7&8 Triple ½ L

Tag 2 After 14 counts of Wall 6, Dance Tag 2 then Restart

BACK, BACK, DRAG, FLICK, STEP

- 1-2 Step back L, Step back on R,
3-4 Slow Drag L to R with a
5-7 Flick back L, Step fwd L, Hold



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