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Highs & Lows

32 Count 2 Wall High Beginner Level Dance. Choreographed by: Maggie Gallagher (UK) Oct 2024 Choreographed to: Highs & Lows by Matt Cooper Intro: 16 Counts. Start at approx 12 secs.

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SEC 1 OUT CLAP, OUT CLAP, COASTER, BRUSH, LOCK STEP, MAMBO

- 1& Step right out on right diagonal, Clap hands
- Styling During each chorus, clap hands high above right shoulder
- 2& Step left out on left diagonal, Clap hands
- Styling During each chorus, clap hands low down towards left
- 3&4& Step right back to centre, Step left next to right, Step right slightly forward, Brush left forward
- 5&6 Step forward on left, Lock right behind left, Step left forward
- 7&8 Rock forward on right, Recover back on left, Step slightly back on right

SEC 2 BACK, BACK, COASTER, BRUSH, JAZZ BOX ¼, STEP

- 1-2 Walk back on left, Walk back on right
- 3&4& Step back on left, Step right next to left, Step forward on left, Brush right around from back to front
- 5-6 Cross right over left, ¹/₄ right stepping back on left (3:00)
- 7-8 Step right to right side, Step slightly forward on left
- SEC 3 SIDE, TOUCH, SIDE, TOUCH, SIDE TOGETHER FORWARD, TOUCH, SIDE, TOUCH, SIDE, TOUCH, SIDE TOGETHER BACK, TOUCH
- 1&2& Step right to right side, Touch left next to right, Step left to left side, Touch right next to left
- 3&4& Step right to right side, Step left next to right, Step forward on right, Touch left next to right
- 5&6& Step left to left side, Touch right next to left, Step right to right side, Touch left next to right
- 7&8& Step left to left side, Step right next to left, Step back on left, Touch right next to left

SEC 4 POINT TOUCH POINT, BEHIND SIDE CROSS, SIDE ROCK 1/4, STEP SCUFF, WALK SCUFF, WALK SCUFF

- 1&2 Point right to right side, Touch right next to left, Point right to right side
- 3&4 Cross right behind left, Step left to left side, Cross right over left
- 5&6& Rock to left side, ¹/₄ right recovering onto right, Step forward on left, Scuff right heel forward (6:00)
- 7&8& Walk forward on right, Scuff left heel forward, Walk forward on left, Scuff right heel forward
- **Ending** At the end of Wall 7, step forward on right then pivot $\frac{1}{2}$ left

