



# HIGHS & LOWS



**Choreographer** : Marianne LANGAGNE (Fr) (25.08..2024)  
**Walls** : 4 Walls  
**Counts** : Phrased 32 counts : **A** : 16 Counts - **B** : 16 Counts  
**Level** : Easy Improver  
**Music** : Highs & Lows - Matt Cooper (165 Bpm)  
**Intro** : 16 Counts (Start a beat before the lyrics)  
**Sequences** : **A - A - B - B - A - A - B - B - B - A - B - B - B - B**

## PART A

### **1 – 8 WALK R – L, ROCK STEP, SIDE ROCK, STEP LOCK STEP, STEP ½ TURN R, STEP**

1 – 2 RF Fwd, LF Fwd  
3 & RF Fwd, Recover on LF  
4 & RF to the R, Recover on LF  
5 & 6 RF Fwd, Cross LF behind RF, RF Fwd  
7 & LF Fwd, ½ Turn R (weight on RF) (6.00)  
8 LF Fwd

### **9 – 16 STEP LOCK STEP, SIDE ROCK CROSS, MONTEREY ¼ TURN R , SWIVEL TO L, SWIVEL TO R**

1 & 2 RF Fwd, Cross LF behind RF, RF Fwd  
3 & 4 LF to the L, Recover on RF, Cross LF over RF (weight on LF)  
5 & 6 R Point to the R, Together with pivot 1/4 turn R on ball L, L Point to the L (9.00)  
& Together  
7 – 8 Pivot 2 heels to the L, Pivot 2 heels to the R (weight on LF)

## PART B

### **1 – 8 K STEP, HEEL SWITCHES, HEEL FAN R – L**

1 & RF Diagonally Fwd R, Touche LF next to RF  
2 & LF Diagonally L Back, Touch RF next to LF  
3 & RF Diagonally Back R, Touch LF next to RF  
4 & LF Diagonally Fwd L, Touch RF next to LF  
5 & 6 R Heel Fwd, Together, L Heel Fwd  
& Together (weight on LF)  
7 & R Heel to the R, Return to Center (weight on RF)  
8 & L Heel to the L, Return to Center (weight on LF)

### **9 – 16 BACK, KICK, BACK, KICK, COASTER STEP, SCUFF, STEP, BOUNCE x 2 ¼ TURN R, POINT FWD SWITCHES**

1 & RF Back, Kick LF  
2 & LF Back, Kick RF  
3 & 4 RF Back, Together, RF Fwd  
& Scuff LF back to Front  
5 & 6 LF Fwd, Bounce Twice with pivot ¼ Turn R (Weight on LF)  
7 & R Point Fwd, Together  
8 & L Point Fwd, Together

*Dance & have fun !!!!*