

Highs & Lows

Count: 32

Wall: 2

Level: High Beginner

Choreographer: Maggie Gallagher (UK) - October 2024

Music: Highs & Lows - Matt Cooper

Intro: 16 counts (12 secs)

S1: OUT CLAP, OUT CLAP, R COASTER, BRUSH, L LOCK STEP, R MAMBO

1& Step right out on right diagonal, Clap hands

During each chorus, clap hands high above right shoulder

2& Step left out on left diagonal, Clap hands

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

S2: BACK, BACK, L 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, ¼ right stepping back on left [3:00]

7-8 Step right to right side, Step slightly forward on left

S3: 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

S4: POINT TOUCH POINT, BEHIND SIDE CROSS, SIDE ROCK ¼, 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, ¼ 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 [6:00]

ENDING: At the end of Wall 10, step forward on right then pivot ½ left to finish facing [12:00]

This dance is dedicated to the memory of the lovely Nelly Goinard of the Mayflower Country Club, Monaco

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