Count: 64 Wall: 2 Level: Intermediate
Choreographer: Rep Ghazali (SCO) - January 2017
Music: Highs \& Lows - Emeli Sandé

## \#8 count intro. Music Available on download from iTunes and Amazon

[01-08] R ROCK FWD-RECOVER, \& L ROCK BACK-RECOVER, L FWD- $1 / 2$ PIVOT, L SHUFFLE FWD
1-2 rock forward Right, recover on Left
\&3-4
5-6
step Right together, rock back Left, recover Right step forward Left, $1 / 2$ pivot turn Right
7\&8
step forward Left, step Right together, step forward Left (6)
R HEEL \& L TOE, L FWD TOUCH-SIDE TOUCH, L SAILOR $1 ⁄ 2$, R ROCK-RECOVER SWEEP
3-4 touch Right heel forward, step Right together, touch Left toe together

5\&6 touch Left toe forward, touch Left toe to Left side
cross Left behind Right, make turn $1 / 2$ Left step Right to Right, step Left to Left (12)
7-8 cross rock Right over Left, recover on Left and sweep on Right from front to back
[17-24] R BEHIND-L SIDE, R CROSS SHUFFLE, $1 / 4$ TURN R HITCH CROSS-SIDE, L CROSS SHUFFLE
1-2
3\&4
5-6
788 cross Right over Left, step Left to Left side, cross Right over Left $1 / 4$ turn Right hitch and cross Left over Right, step Right to Right side (3) cross Left over Right, step Right to Right side, cross Left over Right

BACK R-BACK L, R COASTER, L FWD-REVERSE ½ PIVOT, L ROCK BACK-RECOVER
step back Right (Left toe fan out as you step back on Right), step back Left (Right toe fan out as you step back on Left)
3\&4 step back Right, step Left together, step forward Right
5-6 step forward Left, $1 / 2$ turn Left by stepping back on Right (9)
7-8
rock back Left, recover on Right
[33-40] L FWD-R TOUCH, BACK-TOUCH- $1 / 4$ TURN-TOUCH, R TRIPLE $1 ⁄ 2$ TURN, L BACK-DRAG R
1-2
\&3\&4
5\&6
7-8 big step Left, dragging Right towards Left (weight on Left)
[41-48] R KICK BALL SKATE, SKATE R-SKATE L, R FWD-1⁄4 PIVOT TURN X2
1\&2 kick Right forward, step back Right, skate forward Left
3-4 skate forward Right, skate forward Left
5-6 step forward Right, $1 / 4$ pivot turn Left (9)
7-8 step forward Right, $1 / 4$ pivot turn Left (6)
[49-56] R JAZZ BOX, R STEP SWEEP-L STEP SWEEP, R FWD- $1 / 2$ TURN
1-4 cross Right over Left, step back Left, step Right to Right side, cross Left over Right
5-6 step forward Right and sweep Left from back to front, step forward Left and sweep Right from back to front
7-8 sted forward Right, $1 / 2$ pivot turn Left (12)
[57-64] R FWD, L KICK BALL CHANGE, L CROSS-R BACK- $1 / 2$ TURN, FULL SPIRAL-L FWD
1-2\&3 step forward Right, kick Left forward, step back Left, step forward Right
4-6
7-8
cross Left over Right, step back Right (stick your bump out), $1 / 2$ turn Left stepping forward Left (6) making spiral full turn Left as you step forward on Right ending with Left hooked across Right, step forward Left (6)
Non turner for count 63 just walk forward Right

