

High and low cha

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Type of dance: 32 counts, 4 walls, improver cha cha line dance.
 Music: **Highs and lows** by Emeli Sandé. Track length: 3:15. Buy on iTunes, etc.
 Intro: 8 counts into music (app. 4 secs. into track). Start with weight on L foot
 NOTE: NO TAGS – NO RESTARTS! ☺

Counts	Footwork	End facing
1 – 9	Side R, L back rock, L step lock step, step ½ L, ¼ L into R chassé	
1 – 3	Step R to R side (1), rock back on L (2), recover fwd on R (3)	12:00
4&5	Step L fwd (4), lock R behind L (&), step L fwd (5)	12:00
6 – 7	Step R fwd (6), turn ½ L onto L (7)	6:00
8&1	Turn ¼ L on L stepping R to R side (8), step L next to R (&), step R to R side (1)	3:00
10 – 17	1/8 L back rock, L step lock step with flick, R rock step, R back lock step	
2 – 3	Turn 1/8 L and rock back on L (2), recover on R (3)	3:00
4&5	Step fwd on L (4), lock R behind L (&), step fwd on L flicking R foot back (5)	1:30
6 – 7	Rock fwd on R (6), recover back on L (7)	1:30
8&1	Step back on R (8), lock L in front of R (&), step back on R (1)	1:30
18 – 25	L back rock, L kick ball point with 1/8 L, R side rock, weave sweep	
2 – 3	Rock back on L (2), recover fwd to R (3)	1:30
4&5	Kick L fwd (4), step L next to R (&), turn 1/8 L pointing R to R side (5)	12:00
6 – 7	Rock R to R side (6), recover on L (7)	12:00
8&1	Cross R over L (8), step L to L side (&), cross R behind L sweeping L out to L side (1)	12:00
26 – 32	L sailor ¼ fwd, R chassé, cucaracha R and L	
2&3	Turn ¼ L on R crossing L behind R (2), step R next to L (&), step L fwd (3)	9:00
4&5	Step R to R side (4), step L next to R (&), step R to R side (5)	9:00
6&7	Recover on L (6), step R next to L (&), step L to L side (7)	9:00
8&	Recover on R (8), step L next to R (&)	9:00
	Start again	
Ending	Wall 9 (starts at 6:00) is your last wall. Finish the dance, facing 3:00, then turn ¼ L stepping back on R to face 12:00	