

HIGH LIFE

MUSIC: High Life by Brad Paisley (CD: Moonshine In The Trunk). Available at iTunes, Amazon.com. **SEQUENCE:** Begin on vocals (16 count intro). Restart after 16 counts during 3rd repetition; 2-count hold after 6th repetition.

COUNTS
32/4

LEVEL
INT



CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

R KICK & L SIDE ROCK & BEHIND-SIDE-CROSS, SYNCOPATED SIDE TOE TAPS R & L

- 1&2& **Kick & rock &** Kick R forward (1), Step R beside L (&), Rock L side left (2), Recover R (&)
- 3&4 **Behind-side-cross** Step L behind R (3), Step R side right (&), Step L across R (4)
- 5&6& **Out-in-out &** Tap R toe side right (5), Tap R beside L (&), Tap R toe side right (6), Step R beside L (&)
- 7&8& **Out-in-out &** Tap L toe side left (7), Tap L beside R (&), Tap L toe side left (8), Step L beside R (&)

TOUCH FORWARD, HEEL TWIST & HEEL & STEP, ROCK, RECOVER, L TRIPLE TURNING 3/4 RIGHT

- 1&2& **Touch twist-twist &** Touch R toe forward (1), Twist both heels right (&), Return heels home (2), Step R beside L (&)
- 3&4 **Heel-ball-step** Tap L heel forward (3), Step L beside R (&), Step R forward (4)
- 5,6 **Rock, recover** Rock ball of L forward (5), Recover R (6)
- 7&8 **Three-quarter turn** Turn 1/2 left (**6:00**) stepping L forward (7), Step R beside L (&), Turn 1/4 left (**3:00**) stepping L forward (8)

[Restart here during 3rd repetition. You'll be facing 9:00 when this happens.]

HIP BUMPS FORWARD, SAILOR 1/2 LEFT, SYNCOPATED STEP TOUCHES, R SIDE ROCK & CROSS

- 1&2 **Bump & bump** Step R diagonally forward to 4:00 (still facing **3:00**) bumping hips right (1), Bump hips left (&), Bump hips right taking weight R (2)
- 3&4 **Sailor half** Turn 1/4 left (**12:00**) stepping L behind R (3), Step ball of R side right (&), Turn 1/4 left (**9:00**) stepping L forward (4)
- 5&6& **Step-touch, step-touch** Step R diagonally forward right (5), Touch L beside R (&), Step L diagonally forward left (6), Touch R beside L (&)
- 7&8 **Rock & cross** Rock R side right (7), Recover L (&), Step R across L (8)

L SIDE, HINGE 1/2 TURN RIGHT, HEEL JACK & JAZZ BOX W/CROSSING TRIPLE

- 1,2 **Side, turn** Step L side left (1), Turn 1/2 right (**3:00**) stepping R side right (2)
- 3&4& **Cross & heel &** Step L across R (3), Step R slightly back (&), Tap L heel diagonally forward left (4), Step L beside R (&)
- 5,6 **Cross, back** Step R across L (5), Step L back (6)
- &7&8 **& Cross & cross** Step R slightly back (&), Step L across R (7), Step R side right (&), Step L across R (8)

START AGAIN AND ENJOY!

2-COUNT TAG: After completing 6th repetition, hold for 2 counts then begin dance again. You'll be facing 6:00 when this happens.