

## Highs & Lows

32 count / 2-wall  
High Beginner



Choreographie:

Maggie Gallagher

10/2024

Music: Highs & Lows – Matt Cooper

Intro: 16 counts (12 secs)

### SECTION 1: 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

### SECTION 2: 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

### SECTION 3: 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

### SECTION 4: 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]**