

High Cotton

Choreographie: Niels Poulsen (Dk) Oct 2013
Musik: High Cotton
Interpret: Alabama
Beschreibung: Count: 32 / Wall: 4 / Level: Improver



Intro: 26 counts from first beat in music (app. 18 secs. into track). Weight on L foot

1-8 Walk R and L, R rocking chair, step ¼ L, extended crossing heel shuffle

1-2 Walk fwd on R (1), walk fwd on L (2) [12:00]

3+4+ Rock fwd on R (3), recover back on L (&), rock back on R (4), recover fwd on L (&)

5+ Step fwd on R (5), turn ¼ L stepping onto L (&) [9:00]

6+7+8 Cross R heel over L (6), step L a small step to L side (&), cross R heel over L (7), step L a small step to L side (&), cross R over L (8)

9-16 L scissor step, ½ rumba box, L next to R, walk fwd R and L, run R L R

1+2 Step L to L side (1), step R slightly behind L (&), cross L over R (2)

3+4+ Step R to R side (3), step L next to R (&), step fwd on R (4), step L next to R (&) * Restart here on wall 4

5-6 Walk fwd on R (5), walk fwd on L (6)

7+8 Run fwd on R (7), run fwd on L (&), run fwd on R (8)

17-24 L mambo step fwd, full turn R with claps, R coaster cross, L chasse

1+2 Rock fwd on L (1), recover back on R (&), step back on L (2)

3+4+ Turn ½ R stepping R fwd (3), clap hands (&), turn ½ R stepping L back (4), clap hands (&)
– non-turny option: walk back R and L with claps in between

5+6 Step back on R (5), step L next to R (&), cross R over L (6)

7+8 Step L to L side (7), step R next to L (&), step L to L side (8)

25-32 2 heel switches, R heel hook heel, R vine, cross, big side step R, L together pop!

1+2+ Touch R heel fwd (1), step R next to L (&), touch L heel fwd (2), step L next to R (&)

3+4 Touch R heel fwd (3), hook R foot in front of L shin (&), touch R heel fwd (4)

5+6+ Step R to R side (5), cross L behind R (&), step R to R side (6), cross L over R (&)

7-8 Step R a big step to R side (7), slide and then step L next to R popping R knee fwd (8) [9:00]

Restart: On 4th wall (starts facing 3:00), after 12 counts, now facing 12:00

Fun option!

On wall 7, which starts facing 6:00, the beats are particularly strong on counts 5-8 in the 2nd section (facing 3:00)

Rather than doing your 2 walks & 3 runs you now run fwd on counts 5&6&7&8 hitting the strong beats in the music. [3:00]

Ending: To hit the last beat in the music do the following: Finish your 8th wall (now facing 12:00).

There are only a few beats left in the music.

The music slows down but follow the original speed of the music doing the first 4 counts of the dance, then walk walk R fwd (5), walk L fwd (6), shuffle fwd R L R finishing with a R stomp fwd on count 8 (7&8)?

Happy Dancing.....