

# HIGHS & LOWS

<b>MUSIC</b>	<i>Out Of The Blue</i>		
<b>ARTIST</b>	<i>Johnny Reid ALBUM: Kicking Stones</i>		
<b>CHOREOGRAPHER</b>	<i>Darren Mitchell. Melbourne. September 2008</i>		
<b>BEATS</b>	<b>DESCRIPTION</b>	<b>32 COUNT 4 WALL LINEDANCE</b>	<b>(Intro: 32 counts)</b>
1&2 3,4 5&6 7&8	<p><b>SIDE SHUFFLE RIGHT, BACK, FORWARD, KICK BALL-CROSS, KICK BALL-CROSS</b>            Side shuffle to the right: R-L-R,            Step L behind right, rock forward onto right,            Kick L forward at 45 degrees left, step L together, step R across in front of left,            Kick L forward at 45 degrees left, step L together, step R across in front of left.</p>		
1&2 3,4 5&6 7&8 **	<p><b>SIDE SHUFFLE LEFT, BACK, FORWARD, KICK BALL-CROSS, KICK BALL-CROSS</b>            Side shuffle to the left: L-R-L,            Step R behind left, rock forward onto left,            Kick R forward at 45 degrees right, step R together, step L across in front of right,            Kick R forward at 45 degrees right, step R together, step L across in front of right.</p>		
1,2 3&4 5,6 7&8	<p><b>SIDE, BEHIND, ¼ TURN SHUFFLE, PIVOT TURN, SHUFFLE FORWARD</b>            Step R to the side, step L behind right,            Turn 90 degrees right shuffle forward: R-L-R,            Pivot: step L forward, turn 180 degrees right take weight onto right,            Shuffle forward: L-R-L.</p>		
1,2 3,4 5,6 7,8	<p><b>TOUCH, ACROSS, TOUCH, ACROSS, PIVOT TURN, FORWARD, FORWARD</b>            Touch R toe to the side, step R across in front of left,            Touch L toe to the side, step L across in front of right,            Pivot: step R forward, turn 180 degrees left take weight onto left,            Step R forward, step L forward.</p>		
<b>32</b>	<p><b>REPEAT</b></p> <p><i>Restart: on wall 4, dance to count 16 (**) then restart dance again.</i></p>		