



Highs & Lows

Choreographed by Darren Mitchell

Description: 32 count, 4 wall, beginner/intermediate line dance

Music: **Out Of The Blue** by Johnny Reid

Start dancing on lyrics

SIDE SHUFFLE RIGHT, BACK, FORWARD, KICK BALL-CROSS, KICK BALL-CROSS

- 1&2 Side shuffle to the right: right-left-right
- 3-4 Cross left behind right, rock right forward
- 5&6 Kick left forward at 45 degrees left, step left together, step right across in front of left
- 7&8 Kick left forward at 45 degrees left, step left together, step right across in front of left

SIDE SHUFFLE LEFT, BACK, FORWARD, KICK BALL-CROSS, KICK BALL-CROSS

- 1&2 Side shuffle to the left: left-right-left
- 3-4 Cross right behind left, rock left forward
- 5&6 Kick right forward at 45 degrees right, step right together, step left across in front of right
- 7&8 Kick right forward at 45 degrees right, step right together, step left across in front of right

SIDE, BEHIND, ¼ TURN SHUFFLE, PIVOT TURN, SHUFFLE FORWARD

- 1-2 Step right to the side, cross left behind right
- 3&4 Turn ¼ right and shuffle forward: right-left-right
- 5-6 Step left forward, turn ½ right and take weight onto right
- 7&8 Shuffle forward: left-right-left

TOUCH, ACROSS, TOUCH, ACROSS, PIVOT TURN, FORWARD, FORWARD

- 1-2 Touch right toe to the side, step right across in front of left
- 3-4 Touch left toe to the side, step left across in front of right
- 5-6 Step right forward, turn ½ left and take weight onto left
- 7-8 Step right forward, step left forward

REPEAT

RESTART

on wall 4, dance to count 16, then restart dance again

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