

HI HEEL SNEAKERS

Choreographed by Rob Fowler - Summer 2013

Music – Hi Heel Sneakers by Cotton Belly's – Count in: 16 (approx 4 secs) – bpm: 208

96 count – 2 wall - Intermediate – Country – Line Dance

(SEC 1) GRAPEVINE RIGHT, HEEL TWISTS X2

1-4 Step right to right side, step left behind right, step right to right side, step left next to right

5-8 Twist both heels right, twist both heels back to centre, twist both heels right, twist both heels back to centre

(SEC 2) GRAPEVINE LEFT WITH ¼ TURN, BRUSH, STEP LEFT, HOLD, ½ TURN, HOLD

1-4 Step left to left side, step right behind left, make ¼ turn left stepping fwd left, brush right beside left (9 o'clock)

5-8 Step fwd right, hold, make ½ turn left, hold (3 o'clock)

(SEC 3) SLOW CHARLESTON STEPS

1-4 Touch right fwd, hold, step back right, hold

5-8 Touch left back, hold, step fwd left, hold

(SEC 4) RIGHT HEEL FWD, LEFT HEEL FWD, RIGHT BACK, LEFT BACK, HEELS UP, DOWN, TWIST LEFT, CENTRE

1-4 Step right heel fwd, step left heel fwd, step right back, step left next to right

5-8 Lift both heels up, lower both heels down, twist both heels left, twist both heels back to centre (weight left)

(SEC 5 – SAME AS SEC 1) GRAPEVINE RIGHT, HEEL TWISTS X2

1-4 Step right to right side, step left behind right, step right to right side, step left next to right

5-8 Twist both heels right, twist both heels back to centre, twist both heels right, twist both heels back to centre

(SEC 6 – SAME AS SEC 2) GRAPEVINE LEFT WITH ¼ TURN, BRUSH, STEP LEFT, HOLD, ½ TURN, HOLD

1-4 Step left to left side, step right behind left, make ¼ turn left stepping fwd left, brush right beside left (12 o'clock)

5-8 Step fwd right, hold, make ½ turn left, hold (6 o'clock)

(SEC 7 – SAME AS SEC 3) SLOW CHARLESTON STEPS

1-4 Touch right fwd, hold, step back right, hold

5-8 Touch left back, hold, step fwd left, hold

(SEC 8 – SAME AS SEC 4) RIGHT HEEL FWD, LEFT HEEL FWD, RIGHT BACK, LEFT BACK, HEELS UP, DOWN, TWIST LEFT, CENTRE

1-4 Step right heel fwd, step left heel fwd, step right back, step left next to right

5-8 Lift both heels up, lower both heels down, twist both heels left, twist both heels back to centre (weight left)

(SEC 9) SLOW RIGHT JAZZBOX WITH HOLDS

1-4 Step right over left, hold, step back left, hold

5-8 Step right to right side, hold, step fwd left, hold

(SEC 10) JUMP FWD RIGHT, LEFT, BRUSH HANDS BACK, FWD, CLAP, CLAP, BACK, FWD, CLAP

&1-3 Step fwd right, step left beside right(shoulder width apart), brush both hands back over hips, brush both hands fwd

4-8 Clap, clap, brush both hands back over hips, brush both hands fwd, clap

(SEC 11) RIGHT CROSS ROCK, RECOVER, SIDE, HOLD, LEFT CROSS ROCK, RECOVER, SIDE, HOLD

1-4 Rock right over left, recover on to left, step right to right side, hold

5-8 Rock left over right, recover on to right, step left to left side, hold

(SEC 12) RIGHT ROCK, RECOVER, ½ TURN, HOLD, STEP LEFT, ½ TURN, STEP LEFT, BRUSH

1-4 Rock fwd right, recover on to left, make ½ turn right stepping fwd right, hold

5-8 Step fwd left, make ½ turn right, step fwd left, brush right beside left (6 o'clock)