

# High Life

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Séverine Fillion (France) Nov 2014

**Music:** "High Life" by Brad Paisley (Album : Moonshine In The Trunk, 2014)

---

## **[1-8] SHUFFLE FWD, MAMBO STEP FWD, COASTER STEP, STEP 1/4 TURN CROSS**

- 1&2            Triple step right, left, right fwd  
3&4            Rock step left fwd, recover on right, left step back  
5&6            Right step back, left next to right, right step fwd  
7&8            Left step fwd, turn ¼ right (weight on right), left cross over right 3 :00

## **[9-16] WEAVE TO RIGHT, SIDE MAMBO, RIGHT TOE HEEL SWIVEL**

- 1&2&            Right to right, left cross behind right, right to right, left cross over right  
3&4            Rock step right to right, recover on left, right next to left  
5&6            Swivel : Right toe to the right, right heel to the right, right toe to the right  
7&8            Recover in swivel : Right toe to the left, right heel to the left, right toe to the left (Keep weight on left)

**\* Restart here on 3rd wall**

## **[17-24] HEEL TOUCH FWD, TOE TOUCH BACK, SHUFFLE FWD (RIGHT & LEFT)**

- 1-2            Touch right heel fwd, touch right toe back  
3&4            Triple step right, left, right fwd  
5-6            Touch left heel fwd , touch left toe back  
7&8            Triple step left, right, left fwd

## **[25-32] ROCKING CHAIR, STEP 1/2 TURN STEP, SIDE, TOE BACK, SIDE, KICK, COASTER STEP**

- 1&2&            Rock step right fwd, recover on left, rock step right back, recover on left  
3&4            Right step fwd, turn ½ left (weight on left), right step fwd 9 :00  
5&            Left step to the left, touch right toe behind left  
6&            Right step to the right, left Kick diagonally left  
7&8            Left step back, right next to left, left step fwd

**Start again and enjoy !**

**RESTART : After 16 counts on 3rd wall (at 9 :00) Restart the dance at the beginning**

**TAG : At the end of wall 6 (at 12 :00), add 2 counts (music will help you!) : walk right fwd, walk left fwd, then Restart the dance at the beginning**

**FINAL : On wall 10 (you'll be at 6 :00) : To finish facing front, after the count 22 (touch left toe back), turn ½ left !**