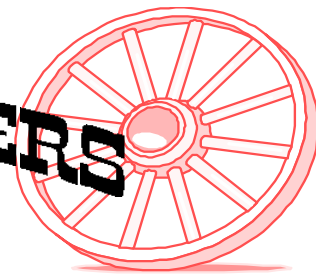




COUNTRY CLUB DANCERS



High Cotton

Dance taught by Shirley Perkins for the County Club Dancers 08-04-2014

Choreographed by: Niels Poulsen (Denmark), Oct 2013,

niels@love-to-dance.dk , www.love-to-dance.dk

Description: 32 count, 4 wall, Improver Line Dance

Music: **High Cotton** by Alabama, 91 bpm, Album: **Southern Star**, 1989

Intro: 26 counts from the first beat in the music, weight on left 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-turning 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]

Start again

(over)

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 and 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).