

HIGH COTTON

Count: 32. Wall: 4. Level: Improver

Choreographer: Niels Poulsen (Dk) Oct 2013

Music: High Cotton by Alabama. [3.03 mins. iTunes, etc.]

Note: A big THANK YOU to Jo Thompson for her input to this dance.

INTRO: 26 count from first beat in music (app. 18 secs. into track). Weight on L foot

WALK, WALK, ROCKING CHAIR, STEP, PIVOT 1/4 LEFT, EXTENDED CROSS HEEL SHUFFLE

- 1,2 Step R forward, Step L forward
- 3&4& Rock R forward, Recover onto L, Rock R back, Recover onto L
- 5& Step R forward, Pivot ¼ left
- 6& Cross R heel over L, Small step L to left
- 7&8 Cross R heel over L, Small step L to left, Cross R over L [9:00]

SCISSOR, 1/2 RUMBA BOX, TOGETHER, WALK, WALK, RUN, RUN, RUN

- 1&2 Step L to left, Step R slightly behind L, Cross L over R
- 3&4& Step R to right, Step L beside R, Step R forward, Step L beside R

RESTART: Wall 4

- 5,6 Step R forward, Step L forward
- 7&8 Step R forward, Step L forward, Step R forward

MAMBO, BACK FULL TURN RIGHT WITH CLAPS, COASTER CROSS, CHASSE LEFT

- 1&2 Rock L forward, Recover onto R, Step L back
- 3&4& Turn ½ right step R forward, Clap, Turn ½ right step L back, Clap

NO-TURN OPTION: Walk back R and L with claps in between

- 5&6 Step R back, Step L beside R, Cross R over L
- 7&8 Step L to left, Step R beside L, Step L to left

HEEL, &, HEEL, &, HEEL, HOOK, HEEL, VINE RIGHT, CROSS, BIG SIDE STEP, TOGETHER/POP KNEE!

- 1&2& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R
- 3&4 Touch R heel forward, Hook R in front of L shin, Touch R heel forward
- 5&6& Step R to right, Step L behind R, Step R to right, Cross L over R
- 7,8 Big Step R to right, Slide/Step L beside R popping R knee forward [9:00]

32 REPEAT

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 forward 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(5), Walk(6), Shuffle finishing with a Stomp R forward on count 8 (7&8).