



High Cotton

Choreographed by, Niels Poulsen

Description: 32 count, 4 wall, Improver
Music **High Cotton – Alabama**

Intro: 26 counts from first beat

* **Restart on wall 4**

Step right and left, right rocking horse, step ¼ left, extended crossing heel shuffle

1-2 Step forward on right (1), step forward on left (2) [12:00]

3&4& Rock forward on right (3), recover back on left (&), rock back on right (4), recover forward on left (&)

5& Step forward on right (5), turn ¼ left step onto left (&) [9:00]

6&7 Cross right heel over left (6), step left a small step to left side (&), cross right heel over left (7)

&8 Step left a small step to left side (&) cross right over left (8)

Left scissor cross, ½ rumba box, left next to right, step forward right and left, run right left right

1&2 Step left to left side (1), step right slightly behind left (&), cross left over right (2)

3&4& Step right to right side (3), step left next to right (&), step forward on right (4), step left next to right (&)

* **Restart here on wall 4**

5-6 Step forward on right (5), step forward on left (6)

7&8 Run forward on right (7), run forward on left (&), run forward on right (8)

Left mambo step forward, full turn right with claps, right coaster cross, left shuffle

1&2 Rock forward on left (1), recover back on right (&), step back on left (2)

3&4& Turn ½ right step right forward (3), clap hands (&), turn ½ right step left back (4), clap hands (&)
option: step back right and left with claps in between

5&6 Step back on right (5), step left next to right (&), cross right over left (6)

7&8 Step left to left side (7), step right next to left (&), step left to left side (8)

2 heel switches, right heel hook heel, right vine, cross, big side step right, step together with knee pop!

1&2& Touch right heel forward (1), step right next to left (&), touch left heel forward (2), step left next to right (&)

3&4 Touch right heel forward (3), hook right foot in front of left shin (&), touch right heel forward (4)

5&6& Step right to right side (5), cross left behind right (&), step right to right side (6), cross left over right (&)

7-8 Big step side right (7), drag left foot next to right then step together and pop right knee forward (8) [9:00]

Start again

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 steps 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 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 step right forward (5), step left forward (6), shuffle forward right-left-right finishing with a right stomp forward on count 8 (7&8)