

# High Cotton

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

**Choreographer:** Niels Poulsen (Dk) Oct 2013

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

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

**Intro:** 26 counts from first beat in music (app. 18 secs. into track). Weight on L 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)  
Step R to R side (3), step L next to R (&), step fwd on R (4), step L next to R (&)\*  
3&4&          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)  
Turn ½ R stepping R fwd (3), clap hands (&), turn ½ R stepping L back (4), clap hands  
3&4&          (&) – non-turny 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 (&)  
Step R a big step to R side (7), slide and then step L next to R popping R knee fwd (8)  
7 – 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 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)?**