

High Cotton

Choreographer: Niels Poulsen (Denmark)

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Type of dance: 32 counts, 4 walls, line dance
 Level: Improver
 Music: **High Cotton** by Alabama. Track length: 3:03 mins. Buy on iTunes, etc.
 1 restart: On 4th wall (starts facing 3:00), after 12 counts, now facing 12:00. ☺
 Intro: 26 counts from first beat in music (app. 18 secs. into track). Weight on L foot
 Note: A big THANK YOU to Jo Thompson for her input to this dance

Counts	Footwork	End facing
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 (&)	12:00
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)	9:00
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)	9:00
3&4&	Step R to R side (3), step L next to R (&), step fwd on R (4), step L next to R (&) * <i>Restart here on wall 4</i>	9:00
5 – 6	Walk fwd on R (5), walk fwd on L (6)	9:00
7&8	Run fwd on R (7), run fwd on L (&), run fwd on R (8)	9:00
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)	9:00
3&4&	Turn ½ R stepping R fwd (3), clap hands (&), turn ½ R stepping L back (4), clap hands (&) – <i>non-turny option: walk back R and L with claps in between</i>	9:00
5&6	Step back on R (5), step L next to R (&), cross R over L (6)	9:00
7&8	Step L to L side (7), step R next to L (&), step L to L side (8)	9:00
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 (&)	9:00
3&4	Touch R heel fwd (3), hook R foot in front of L shin (&), touch R heel fwd (4)	9:00
5&6&	Step R to R side (5), cross L behind R (&), step R to R side (6), cross L over R (&)	9:00
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	
Fun option!	On wall 7, which starts facing 6:00, the beats are particularly strong on counts 5-8 in the 2 nd 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) ☺	12:00