HIGH LOW AND IN BETWEEN

Choreographer: Mike Seurer 449 East 5th Street, Fond du Lac, WI 54935 (920)907-1214
Record: Mercury 314-5789004-4"High Low and In Bewteen", Mark Willis
Phase: II  Speed: 47-48 rpm  Released: March 2003
Rhythm: Two-Step  Time: 3:16
Sequence: INTRO AAB AABC B A ENDING

INTRODUCTION
1----4   (ABOUT 6-8 FT APT) WAIT 2 MEAS;; STRUT TOG 4;;
   1-2 About 6-8 ft apt wait 2 meas;;
   3-4 Strut Fwd L,-,R,-; Fwd L,-, R to BFLY/WALL,-;
5----6   TWIRL VINE 2; WALK TWO;
   5-6 Sd L, XRib(W twrls RF undr jnd ld hnds R,L),-;Fwd L,-,R to OP/LOD,-;

PART A
1----4   VINE APT & TOG(BFLY) BASKETBALL TURN;;
   1-2 Twd COH (W twd WALL) sd L, XRib of L, sd L, tch R to L & clap hands,-;
      Twd WALL (W twd COH) Sd R, XLib of R, sd R trng to fc ptr, tch L to R,-;
   3-4 Lunge LOD L,-, rec R trng ½ to RLOD,-; Lunge RLOD L,-, rec R trng ½ RF
      to fc OP/LOD,-;
5----8   FWD LK FW D; FWD LK FW D; SCOOT 4; WALK TWO;
   5-6 Fwd L, lk Rib of L, fwd L,-; Fwd R, lk Lib of R, fwd R,-;
   7-8 Fwd L,-, cl R,-,Fwd L,-, cl R,-; Fwd L,-,R,-;

PART B
1----4   VINE 3,TCH;WRAP;UNWRAP;CHANGE SIDES;
   1-2 Sd L, XRib, sd L, tch R,-; sd R,XLib, sd R, tch L,-; (W trn LF L,R,L,tch R)
      keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;
   3-4 Release ld hnds M sip L,R,L, tch R (W unwrap Rf to arms length R,L,R,
      tch L),-; Fwd R,L,R trn RF to BFLY/COH(W fwd L,R,L undr raised M's
      R & W's L arms trng LF to BFLY/WALL),-;
5----8   VINE 3,TCH;WRAP;UNWRAP;CHANGE SIDES;
   5-6 Sd L, XRib, sd L, tch R,-; sd R,XLib, sd R, tch L,-; (W trn LF L,R,L,tch R)
      keep both hands jnd ld hnds over W's hd & M's R & W's L at waist level,-;
   7-8 Release ld hnds M sip L,R,L, tch R (W unwrap Rf to arms length R,L,R,
      tch L),-; Fwd R,L,R trn RF to BFLY/COH(W fwd L,R,L undr raised M's
      R & W's L arms trng LF to BFLY/WALL),-;
9----12   LIMP 4;WALK TWO; OPEN VINE 4;;
   9-10 Sd L, XRib of L ,sd L, XRIB of L,-; Fwd L,-,R,-;
   11-12 Sd L, xRib of L,-; sd L, xRif of L,-;

PART C
1----4   FACE TO FACE; BACK TO BACK;BASKETBALL TURN;;
   1-2 Sd L, cl R sd L trng ½ LF to bk to bk pos,-; Sd R, cl L, sd R trng RF to WALL,-;
   3-4 Lunge sd L twd LOD,-, rec R trng RF (W LF) to LOP/RLOD,-; lunge
      sd L twd RLOD,-, Rec R trng RF (W LF) to SCP/LOD,-;
5----8   HITCH 6;; TWIRL VINE 2; WALK TWO;
   5-6 Fwd L, cl R, bk L,-; Bk R, cl L, fwd R,-;
   7-8 Sd L, XRib(W twrls RF undr jnd ld hnds R,L),-; Fwd L,-, fwd R to BFLY/WALL,-;

ENDING
1----
   1- Apt L,-, pt R twd ptr,-;