

## 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 FWD; FWD LK FWD; 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---- APART POINT;  
1- Apt L,-, pt R twd ptr,-;