

All Time High

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SONG: All Time High, Rita Coolidge, A&M 2551 flip of instrumental version, increase speed by 5%. Contact Choreographer
RHYTHM: Slow Two Step phase 5 (timing SQQ except as noted)
SEQUENCE: Intro, A, B, A, B, End

INTRO

1-2 SHDW FCG WALL L FOOT FREE WAIT;; SIDE LUNGE ARM SWEEP; BASIC W TURN TRANSITION;

1-2 shadow fcg wall L foot free for both wait two measures;;
S 3 lowering sd L with L sd stretch sweep L arm up and out over next 3 counts, -, -, -;
SQQ (SS) 4 rec R, -, xLib, rec R (W rec R trn RF, -, cont trn sd L fc M, tch R); CP/WALL

PART A

1-4 2 BASICS;; TRAVELLING R TURN; W OUTSIDE ROLL DOUBLE HND HLD FC LOD;

1-2 sd L, -, xRib, rec L; sd R, -, xLib, rec R start RF turn;
3 cont tm RF crossing IF of W sd & bk L to fc RLOD, -, xRib, twist tm RF 3/8 on both ft to fc DLC & shift wgt to L (W fwd R into M, -, fwd L, R around M RF) end CP M fcg DLC;
4 fwd R raising jnd lead hnd to lead W tm RF, -, fwd L, with L sd leading xRif joining both hnds low in front(W sd & bk L comm tm RF under jnd lead hnds, -, cont tm RF under jnd lead hnds R, L) end both hnds joined low M fcg LOD;

5-8 TRAVELLING CROSS CHASES 2X; LEFT TRN INSIDE ROLL; BASIC ENDING;

5-6 fwd L, -, fwd R with R side lead, xLif, fwd R, -, fwd L with L side lead, xRif;
7 fwd L, -, start LF trn fwd R, xLif (W bk R start LF trn under joined hnds, -, fwd R cont trn, sd R);
8 repeat meas 2; CP/COH

9-12 UNDERARM TURN; W STEP RONDE BEHIND MAN; OUTSIDE ROLL OVERTRN TO; MAN TUNNEL;

S (SQQ) 9 sd L, -, xLib, rec R trn RF (W sd R start RF trn under joined hnds, -, fwd L cont trn, sd R); CP/COH
10 trn RF lowering & fwd R cause W to ronde CW, -, without weight change trn LF under joined ld hnds to fc RLOD, - (W sd&bk L, ronde R CW, xLib, fwd L to RLOD); LOP/RLOD
11 fwd L swing lead hnds down and back then up, -, sd & fwd R leading W to trn RF under hnds, rec L place R hnd behind W's back (W fwd R start RF trn, -, sd L cont trn, fwd R in front of man fc COH);
12 fwd R/ronde L CW, -, XLIF, rec R still fcg RLOD (W start RF circle around M fwd L, -, R, L end behind M fcg WALL);

13-16 W CIRCLE WRAP M; JOIN L HND; OUTSIDE ROLL MAN IN 4; OP BASIC ENDING SHDW LOD;

OOQQ (SQQ) 13-14 bk L/ronde R CW, -, xRib, rec L (W cont circle fwd R, -, L, R); fwd R place W's hnd on waist arms to sd/ronde L CW, -, XLIF, rec R (W cont circle caressing M's waist fwd L, -, R, L);
15 fwd L catch W's L hnd, fwd R R sd leading, XLIF, fwd R (W fwd R start RF trn under L hnds, -, sd L, fwd R); M fc DRW
16 fwd L trn LF lead W to SHDW/LOD, -, sd L, rec R (W cont RF trn sd L, -, bk R, rec L); SHDW/LOD both R ft free

PART B

1-4 TRAVELLING CROSS CHASES 2X;; ARM OVER NATURAL TURNS;;

1-2 fwd R with L sd lead, -, sd&fwd L, xRif; fwd L with R sd lead, -, sd&fwd R, xLif;
3 start RF trn fwd R, -, cont trn sd L bring L hnds up, bk R lower L hnd in front of W & join R hnds behind M's back;
4 start RF trn bk L, -, cont trn sd R raising R hnds over W, fwd L lowering and releasing R hnds join L hnds; SHDW/LOD

5-8 TRAVELLING CROSS CHASSE; SHADOW REVERSE TURNS;; PICKUP M TRANSITION;

--OO (SQQ) 5 repeat meas 1;
6-7 maintaining SHDW position over new two measures start LF trn fwd L, -, cont trn sd R, bk L; bk R, -, sd L, fwd R;
8 lead W to trn LF in front hold, -, fwd L, R adjusting to W (W fwd L trn LF to fc M, -, sm sd R, bk L) CP/LOD

9-12 LEFT TURN INSIDE ROLL; BASIC ENDING; LEFT TURN INSIDE ROLL; BASIC ENDING;

9-10 repeat part A measures 7-8;; CP/COH
11 trn LF fwd L to RLOD, -, fwd&sd R lead W to turn under ld hnds, xLif (W trn LF bk R, -, - cont trn fwd R, cont trn sd R);
12 trn to fc W sd R, -, xLib, rec R start RF trn; CP/WALL

13-16 NATURAL TOP; RUDOLPH RONDE FALLAWAY TO LOP; OUTSIDE ROLL; BASIC ENDING;

13 sd & bk L in front of W, -, cont trn xRib, sd fwd L (W fwd R, -, sd L, XRIF); CP/LOD
14 lowering and fwd R with RF rotation, -, rec L trn RF, sd R (W sd L, ronde R CW, xRib, sd L); LOPFCG movg RLOD
15 fwd L swing lead hnds down and back then up, -, sd & fwd R leadin W to trn RF under hnds, XLIF (W fwd R start RF trn, -, sd L cont trn, fwd R); LOP/RLOD
16 Repeat meas 12;

END

1-4 NATURAL TOP; RUD RONDE FLLWY LOP; OUTSIDE ROLL M IN 4; OPEN BASIC SHDW;

1-3 Repeat part B meas 13-15;;(W O/S roll under her R hnd);
4 joining L hnds fwd L trn LF, - sd R, rec L (W sd L trn RF, -, bk R, rec L); R ft free for both SHDW/LOD

5-8 ARM OVER NATURAL TURNS;; TRAVELLING CROSS CHASSE; SHADOW REVERSE TURN;

5-8 Repeat part B meas 3-6;;;

9 BK TO LEFT SHADOW LUNGE;

SS 9 start LF trn bk R, - sd L with R side stretch then change sway to R as music fades