

Hell & High Water



Choreographed by Karen & Nigel Poll – October 2017 [pollykaz 7@live.co.uk](mailto:pollykaz7@live.co.uk)

Description 01379 853571 www.stilldancing.co.uk
64 count dance, Facing ILOD Lady behind man holding hands behind man's back. Same Footwork throughout

Music Hell and High Water - T Graham Brown CD: Snapshot
16 count intro start on the word 'Worry'

Side Shuffle, Rock Back ¼ Left, Shuffle Forward, Step Pivot ½ Left

1-4 Right Side Shuffle, Rock back Left turning ¼ left, Recover Right
(facing RLOD, lady on Left side of man)

5-8 Left Shuffle forward, Step forward Right, Pivot ½ turn Left
(into Sweetheart Position Facing LOD)

Walk Right, Left, Right Shuffle, Changing Sides, Turn ¼ Left, Weave

9-12 Walk Right Left, Right Shuffle, (Lady crossing in front of Man)

13-16 Turn ¼ Left stepping Forward Left, Right to Right Side, Left behind Right, Right to Right Side
(Man behind Lady facing ILOD)

Cross Rock, Recover, Left Side Shuffle, Rock forward, Recover, Shuffle Back

17-20 Cross Rock Left over Right, Recover Right, Left Side Shuffle

21-24 Rock Forward Right, Recover Left, Right Shuffle Back

Rock Back, Turn ¼ Left, Recover, Left Shuffle Forward, Turn 1/2 Walk Right, Left, Right Shuffle (Changing Sides)

25-28 Rock Back Left turning ¼ turn Left, Recover Right, Left Shuffle Forward (facing RLOD)

29-32 **Man** - Step Fwd Right turning ¼ Right, Step Fwd Left turning ¼ Right, Right Shuffle Fwd (LOD)

Lady - Step Forward Right turning ¼ Left, Step Forward Left turning ¼ Left, Right Shuffle Forward
(Keeping hold of hands, keeping Left hands low, Man turning under Right arms, Lady behind Man, bringing Left arms over Man's head into VW position)

Step Lock Shuffle, Cross Rock, Side Shuffle ¼ Turn

33-36 Step Forward Left, Lock Right Behind Left, Left Shuffle Forward (LOD) (release Right hands)

37-40 Cross Rock Right, Recover Left, Right Shuffle ¼ Right (facing OLOD, Man behind Lady Indian Position)

Rock Fwd, Recover, Shuffle Back (Lady Full Turn, Shuffle)

Rock Back, Recover, Right Shuffle

41-44 **Man** – Rock Forward Left, Recover Right, Left Shuffle back

Lady- Step Forward Left Pivot ½ Right, Shuffle ½ Turn Right
(Lady turning under Left arms)

45-48 Rock Back Right, Recover Left, Right Shuffle Forward

Rock forward, Recover, Shuffle ¼, Step Lock Shuffle Forward

49-52 Rock Forward Left, Recover Right, Turn ¼ Left, Left Shuffle (Sweetheart Position)

53-56 Step Forward Right, Lock Left behind Right, Right Shuffle Forward,(LOD)

Rock Forward, Recover, Shuffle ½ Turn, Step Forward Right, Pivot ¾ Left, Side Right, Close Left Beside Right

57-60 Rock Forward Left, Recover on Right, Shuffle ½ Left (RLOD)

61-64 Step Forward Right, Pivot ¾ turn Left, Recover Left, Step Side Right, Close Left beside Right.
(Man Turn under Left Arms, drop Left, Pick up Right arms as Lady turns under.
To end Facing ILOD, Lady behind Man).

Start Again

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