



High Ground

32 Count 4 Wall Intermediate Level Dance.
Choreographed by: Nina Skyrud (NOR) Oct 2026
Choreographed to: High Ground by Dillon Carmichael
Intro: 16 Counts. Start at approx 8 secs.

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SEC 1 STOMP, ¼ HITCH, KICK BALL CHANGE, ROCK, ½ SHUFFLE TURN

1-2 Stomp R, ¼ turn right hitching R (3:00)

Arms Clap R hand on R knee

3&4 Kick R, step down on R ball, step down on L

5-6 Rock R forward, recover onto L

7&8 Turn ¼ turn right stepping R to right side, close L next to R, turn ¼ turn right stepping R forward (9:00)

SEC 2 ¼ STOMP SIDE, HOLD, SAILOR STEP, KICK FWD, KICK SIDE, COASTER STEP

1-2 Turn ¼ turn right and stamp L to left side, hold (12:00)

Arms Slap thighs moving hands from front to back

Restart Here on Wall 5, hold for 3 counts (no slap) then restart

3&4 Cross R slightly behind L, step L to left side, step R slightly forward

5-6 Kick L forward, kick L to left side

7&8 Step L back, step R next to L, step L forward

SEC 3 STEP, ½ PIVOT, SHUFFLE, ROCK, ¼ CHASSE

1-2 Step R forward, pivot ½ left weight onto L (6:00)

3&4 Step R forward, step L next to R, step R forward

5-6 Rock L forward, recover onto R

7&8 Turn ¼ turn left stepping L to left side, step R next to L, step L to left side (3:00)

SEC 4 JAZZ BOX, JUMP OUT, HOLD, SWIVEL HEEL IN, SWIVEL TOE IN

1-2 Cross R over L, step R back

3-4 Step R to right side, cross L over R

Restart Here on Wall 10

&5-6 Jump out R, jump out L, hold

7-8 Swivel R heel in, swivel R toe to center