

# HIGH TIDE

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**Count:** 32

**Wall:** 4

**Level:** intermediate/advanced

**Choreographer:** Pauline Mason

**Music:** The Tide Is High by Atomic Kitten

## APPLEJACKS, ½ PIVOT TO LEFT, 2 HIP HOPS

**1&2&3&4&** Applejacks (or replace with 4 swivels right, left, right, left)

**5** Step forward right foot

### 6½ pivot to left

**7&** Step right foot diagonally to right, hop & hitch left foot behind right foot

**8&** Step left foot diagonally to left, hop & hitch right foot behind left foot

## ROLL FULL TURN TO RIGHT WITH CHASSE ENDING & MASHED POTATO

**9** Step right foot to right turning ¼ turn to right

**10** Step left foot back turning ½ turn to right

**11&12** Chasse right, left, right turning ¼ turn to right

**13** Touch left foot forward

**&14** Split heels apart, bring heels in taking left foot behind right

**&15** Split heels apart, bring heels in taking right foot behind left

**&16** Split heels apart, bring heels in touching left foot behind right

## LEFT LOCK STEP, KICK BALL STEP, ½ PIVOT TO LEFT, BODY ROLL

**17** Step left foot forward

**&** Cross right foot behind left foot

**18** Step left foot forward

**19&20** Kick right foot forward, step ball of foot right, step forward left foot

**21** Step forward right foot

### 22½ pivot turn to left (weight on left)

**23** Touch right foot forward without weight

**24** Body roll

## **2 SIDE TOUCHES WITH CLICKS, TURN ¼ TURN LEFT, FLICK, CHASSE TO LEFT**

- 25** Step right foot to side, dipping knees
- 26** Point left foot out to left side (click fingers)
- 27-28** Repeat 24 - 25 stepping left to side
- 29** Step forward right foot, turning ¼ turn to left
- 30** Flick left foot behind right foot
- 31&32** Chasse to left

**REPEAT**

**TAG**

### **After wall 6**

- 1** Step to right side with right foot
- 2** Tap left foot beside right
- 3** Step left side with left foot
- 4** Tap right foot beside left foot

**For an easy beginner version dance to the same music, try Low Tide!**

**RESTART**

**On wall 4, dance only the first 16 counts, then restart.**