

HIGH TIDE

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Tim Gauci

Music: The Tide Is High by Atomic Kitten

Start dance 32 beats after first vocals

- 1-2-3&4** Step left to left, slide right to left, shuffle left side (left, right, left)- use hips
- 5-6-7&8** Step right behind left, rock weight forward on left, step right back turning $\frac{1}{4}$ to left, step left to left turning $\frac{1}{4}$ to left (&), step right over left
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- 1-2-3&4** Step left to left, slide right to left, shuffle left side (left, right, left)- use hips
- 5-6-7&8** Step right behind left, rock weight forward on left, step right back turning $\frac{1}{4}$ to left, step left forward turning $\frac{1}{2}$ to left (&), step right forward
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- 1-2-3&4** Step left forward (pushing left hip forward), slide right to left (pushing right hip back), shuffle forward left, right, left
- 5-6-7-8** Step right forward, pivot $\frac{1}{4}$ to left, step right forward, pivot $\frac{1}{4}$ to left- use hip on $\frac{1}{4}$ turns
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- 1-2-3&4** Step right forward (pushing right hip forward), slide left to right (pushing left hip back), shuffle forward right, left, right
- 5-6&7&8** Step left forward, rock weight on right, step left together (&), shuffle right over left (right, left, right)

REPEAT

TAG 1

At the end of walls 2 (back wall) & 4 (front wall), add these 16 extra beats and continue dance from the beginning

- 1-2-3&4** Step left to left, slide right to left, shuffle left side turning $\frac{1}{4}$ to left
- 5-6-7&8** Step right forward, pivot $\frac{1}{4}$ to left, shuffle right over left (right, left, right)

1-2-3&4 Step left to left, slide right to left, shuffle left side turning $\frac{1}{4}$ to left

5-6-7&8 Step right forward, pivot $\frac{1}{4}$ to left, shuffle right over left (right, left, right)

TAG 2

At the end of the 4th wall (facing 3:00)- step left to left and sway hips left, right, left, right then start dance from the beginning