

THE TIDE IS HIGH

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Count: — **Wall:** 4 **Level:** intermediate

Choreographer: Steffi

Music: The Tide Is High by Atomic Kitten

Sequence:AAA, B, AA, B, A, C, AAAA

PART A

SIDE, BEHIND, STEP, IN FRONT, STEP, RECOVER, CROSS SHUFFLE, STEP

- 12 Step right to right side, step left behind right
- &3&45 Step right to right side, cross left in front of right, rock right to right side, recover left to left side
- 6&7 Cross right in front of left, step left to left side, cross right in front of left
- 8 Step left to left side

POINT RIGHT, POINT LEFT, LEFT COASTER STEP, RIGHT JAZZ BOX WITH TOUCH

- 1&2 Point right toe to right side, step right next to left, point left toe to left side
- 3&4 Step left back, step right next to left, step left forward
- 56 Cross right over left, step back on left
- 78 Step right in place, touch left toe on floor in front of right foot

When touching left toe in front of right, angle body to right, keeping head & feet facing front

LEFT SHUFFLE FORWARD, STEP ½ PIVOT TURN LEFT, CROSS SIDE RECOVER, CROSS SIDE RECOVER

- 1&2 Step forward left, step right next to left, step forward on left
- 34 Step right forward, ½ pivot turn left
- 5&6 Cross right over left, step left to left side, recover right to right side
- 7&8 Cross left over right, step right to right side, recover left to left side

Travel forward on the cross side recovers

CROSS SHUFFLE, SIDE, RECOVER, BEHIND, SIDE, STEP $\frac{1}{4}$ RIGHT, STEP BACK $\frac{1}{2}$ RIGHT, STEP

- 1&2** Cross right in front of left, step left to left side, cross right in front of left
- 3&4** Rock left, recover right in place
- 5&6** Step left behind right, step right in place, step left to left side making $\frac{1}{4}$ turn right
- 7&8** Step back on right making $\frac{1}{2}$ turn right, step forward on left

PART B

SIDE, RECOVER, CROSS SHUFFLE, SIDE, RECOVER, CROSS SHUFFLE, POINT & POINT, COASTER STEP, STEP $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ TURN

- 12** Rock right to right side, recover weight on left
- 3&4** Cross right over left, step left to left side, cross right over left
- 5&6** Rock left to left side, recover weight on right
- 7&8** Cross left over right, step right to right side, cross left over right
- 9&10** Point right toe to right side, step right in place, point left to left side
- 11&12** Step back on left, step right next to left, step forward on left
- 13&14** Step right forward, $\frac{1}{2}$ pivot turn left, weight ends on left
- 15-16** Step right forward $\frac{1}{2}$ pivot turn left, weight ends on left

PART C

POINT, HOLD, & POINT & POINT

- 12** Point right to right side, hold
- &3&4** Step right in place, point left to left side, step left in place, point right to right side