

# THE TIDE IS HIGH

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Wesley Cowie

**Music:** The Tide Is High (Groove Brother 7-Inch Edit) by Atomic Kitten

**Start on second 31**

## **POINT, TURN $\frac{1}{2}$ , FORWARD SHUFFLE, MONTEREY FULL TURN**

- 1-2** Touch right to right side, on ball of left make  $\frac{1}{2}$  turn right, stepping right beside left
- 3&4** Step forward on left, close right beside left, step forward on left
- 5-6** Touch right to right side, on ball of left make a full turn right, stepping right beside left
- 7-8** Touch left to left side, step left beside right

## **RIGHT CHASSE, ROCK, STEP, CROSSING CHASSE, STEP TURNING $\frac{1}{4}$ , STEP TURNING $\frac{1}{4}$**

- 1&2** Step right to right side, close left beside right, step right to right side
- 3&** Rock left foot across right foot, recover weight onto right foot
- 4** Step left foot to left side
- 5&6** Cross right foot over left, step left to left side, cross right foot over left
- 7** Step left foot to left side making  $\frac{1}{4}$  turn right
- 8** On ball of left foot make  $\frac{1}{4}$  right, stepping right to right side

## **CROSSING CHASSE $\frac{1}{8}$ TURN, ROCKING CHAIR, SHIMMY FORWARD**

- 1&** Cross left foot over right, step right to right side
- 2** Cross left foot over right making  $\frac{1}{8}$  turn right
- 3-4** Rock forward on right foot, rock back onto left foot
- 5-6** Rock back on right foot, recover weight onto left foot
- &** Close right foot beside left foot
- 7-8** Lean forward & shimmy

**In counts 3-4 swing arms forward, in counts 5-6 swing arms backwards**

## **SHIMMY BACKWARDS, STEP PIVOT $\frac{5}{8}$ , BOOGIE WALKS FORWARD, STEP, STEP**

- 1-2** Lean back & shimmy

- 3-4** Step forward on right foot, pivot 5/8 left
- 5** Step forward on right, swiveling right on balls of feet
- 6** Step forward on left, swiveling left on balls of feet
- 7-8** Step forward on right, step left beside right

**In count 5 swing arms right, in count 6 swing arms left**

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=e-is-high-ID43223](https://www.linedance.com/index.php?f=dance_view&id=e-is-high-ID43223)