

# THE TIDE IS RIGHT

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Sandra Johns

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

## ROCK STEPS, TRIPLE FULL TURN RIGHT, ROCK STEP, SAILOR CROSS

- 1-2 Rock right to right side, rock onto left in place
- 3&4 Triple full turn right, stepping right - left - right
- 5-6 Rock left to left side, rock onto right in place
- 7&8 Step left behind right, step right to right side, cross left over right

## RIGHT HEEL BALL CROSS TWICE, GRIND $\frac{1}{4}$ RIGHT, COASTER STEP

- 1-2 Touch right heel for ward, step slightly back on right, cross left over right
- 3-4 Repeat steps 1-2
- 5&6 Grind right heel forward making  $\frac{1}{4}$  turn right, step back onto left
- 7&8 Step right back, step left beside right, step forward right

## CROSS STEP, CROSS, STEP, CROSS, $\frac{1}{2}$ TURN LEFT

- 1-2 Cross left over right, step right diagonally back right
- 3&4 Cross left over right, step right diagonally back right, cross left over right
- 5-6 Step right back, making  $\frac{1}{2}$  turn left, step left forward
- 7&8 Step right forward, lock left behind right, step forward on right

## ROCK FORWARD, TRIPLE $\frac{1}{2}$ TURN LEFT TWICE, COASTER CROSS

- 1-2 Rock forward on left, rock back onto right
- 3&4 Triple  $\frac{1}{2}$  turn left, stepping left, right, left
- 5&6 Triple  $\frac{1}{2}$  turn left, stepping right, left, right
- 7&8 Step left back, step right beside left, step left forward

**REPEAT**

**TAG**

**The next 16 counts are danced at end of wall 3 & 5, when Atomic Kitten sings "number one, number one"**

### **TURNING HIP BUMPS**

- 1&2** Step right forward bumping hips right, left, right
- 3&4** Make  $\frac{1}{2}$  turn left, bumping hips, left, right, left
- 5&6** Step right forward bumping hips, right, left, right
- 7&8** Make  $\frac{1}{2}$  turn left, bumping hips, left, right, left

### **CROSS ROCK, TRIPLE $\frac{1}{2}$ TURN TWICE**

- 1-2** Cross right over left, rock onto right in place
- 3&4** Triple  $\frac{1}{2}$  turn right, stepping right, left, right
- 5-6** Cross rock left over right, rock onto right in place
- 7&8** Triple  $\frac{1}{2}$  turn left, stepping left, right, left