

# TIDE IS HIGH

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**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Hanne Ekknud Pedersen

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

## ROCK STEP FORWARD RIGHT, COASTER STEP, STEP ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 1      Rock forward on right foot
- 2      Recover weight on left foot
- 3&4    Step back on right foot, step left next to right, step forward right
- 5      Step forward on left foot
- 6      Turn ½ turn ending with weight on right foot
- 7&8    Shuffle forward left, right, left

## HIP BUMP RIGHT, LEFT, RIGHT, CROSS ROCK LEFT, SHUFFLE TO LEFT WITH ¼ TURN, FORWARD STEP

- 9      Step onto right foot and bump hip to right
- 10     Step onto left foot and bump hip to left
- 11     Step onto right foot and bump hip to right
- 12     Cross rock left in front over right foot
- 13     Recover weight on right foot
- 14&15   Shuffle to left with ¼ turn left, right, left (turn happens on the last left shuffle step)
- 16     Step forward on right foot

## POINT FRONT, TOUCH, STEP SIDE, SLIDE TOGETHER, LEFT CHASSÉ, CROSS ROCK BEHIND

- 17     Point left foot on toe in front of right
- 18     Touch left foot next to right
- 19     Step to side with left foot
- 20     Slide right foot together to left (weight on right foot)
- 21&22   Chassé to left side, left, right, left
- 23     Cross rock right behind left foot

24 Recover weight on left foot

**2 X TOE STRUT, ½ MONTEREY, TOUCH LEFT, STEP TOGETHER**

25-26 Touch right toe to side, put down heel

27-28 Touch left toe crossed in front of right, put down heel

29-30 Touch right foot to side (prep for ½ turn), turn ½ turn ending with weight on right foot

31 Touch left foot to side

32 Step left next to right foot (weight on left foot / weight change)

**REPEAT**