

The Tide is High

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Jonas Andréasson (Aug 2011)

Music: Blondie - The Tide is High

Alt. music: Atomic Kitten - The Tide is High

Intro 16 counts

S 1: Left cross rock, right shuffle, right cross rock, left shuffle

- 1-2** Cross right foot over left, recover on left
- 3&4** Step right to right, step left beside right, step right to right
- 5-6** Cross left over right, recover on right
- 7&8** Step left to left, step right beside, step left to left

S 2: Right rock step turn 1/4 left , Shuffle 1/2 Turn Right, full right turn, left lock step

- 1-2** Make 1/4 turn left by rocking right foot forward. Recover to left
- 3&4** Shuffle step forward making 1/2 turn right, stepping - Left, Right, Left.
- 5-6** Make a 1/2 turn right stepping left back, make a 1/2 turn right stepping right forward (easy option walk left right)
- 7&8** Step left foot forward, lock right foot behind, step left foot forward

S 3: Right cross rock, right cross shuffle to left, step left to left, left cross rock, left cross shuffle to right

- 1-2** Cross right over left, recover to left,
- 3&4** Cross right over left. Step left to left side. Cross right over left.
- 5-6** Step left to left, step right slightly back left
- 7&8** Cross left over right. Step right to right side. Cross left over right

S 4: Long step to the right, right sailor turn 1/4 right, hip bumps

- 1-2** Step right foot to right, step left beside right
- 3&4** Turn right by Crossing right behind left. Step left to left side. Step right to place
- 5-6** Hip bumps left, right
- 7&8** Hip bumps left, right, left

Blondie:

Restart in 4th wall after 28 counts(listen to music) Skip the hip bumps in count 5-8 in section 4.

Tags in 6th wall and 9th wall - hip bumps (4 counts) or sway (listen to music).

Atomic Kitten:

Tag after wall 3 and 5, 16 counts:

Left cross rock, right shuffle turn 1/2 right, left cross rock, Left cross shuffle, rock, recover, sailor 1/2 right, cross rock, left shuffle.

- 1-2** Cross right foot over left, recover on left
- 3&4** Shuffle step forward making 1/2 turn right, stepping - Right, Left, Right.
- 5-6** Rock left to left, recover
- 7&8** Cross left over right, step right to right side, Cross left over right.
- 9-10** Rock right to right, recover on left
- 11&12** Cross right behind left. Step left to left side turning 1/2 right. Step right to place
- 13-14** Cross left over right, recover
- 15&16** Step left to left, step right beside left, step left to left.

Tag after wall 6, Sway or hip bumps (4 counts) (listen to music).