

THE TIDE IS HIGH

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Double D

Music: The Tide Is High by Atomic Kitten

ROCK FORWARD RECOVER, TRIPLE $\frac{1}{2}$ TURN RIGHT, STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT WHILE ROLLING SHOULDERS

- 1-2** Rock forward on right recover weight to left foot
- 3&4** Triple $\frac{1}{2}$ turn over right shoulder stepping right, left, right
- 5-6** Step forward on left, step right next to left (arms: bending both arms to a $\frac{1}{4}$ turn angle and with clenched fists, roll left shoulder backwards, roll right shoulder backwards)
- 7-8** Step back on left foot, step right next to left (arms: repeat arm movements for steps 5, 6)

CROSS, STEP, CHASSE $\frac{1}{4}$ TURN, $\frac{1}{4}$ TURN STEP TOUCH, SLIDE TOUCH WHILE POINTING TO THE CEILING

- 1-2** Cross step left over right, step right to right side
- 3&4** Step left to left side, step right next to left, step left $\frac{1}{4}$ turn to left
- 5-6** Step forward on right making a $\frac{1}{4}$ turn to left, touch left next to right
- 7-8** Long step to left, slide right up to left touching right toes next to left

Arms: pointing right index finger to the ceiling, move hand across from torso out to right side making a semi circular movement (to the left)

ROCK BACK RECOVER, RIGHT FORWARD SHUFFLE, ROCK FORWARD RECOVER, STEP $\frac{1}{4}$ TURN, TOUCH TOE TO RIGHT

- 1-2** Rock back on right recover weight to left
- 3&4** Shuffle forward stepping right, left, right
- 5-6** Rock forward on left recover weight to right
- 7-8** Making $\frac{1}{4}$ turn to left step left to left side, point right toe to right side

CROSS, $\frac{1}{4}$, $\frac{1}{4}$, TOUCH, LEFT CHASSE, ROCK BACK RECOVER

- 1-2** Cross step right over left, step left to left side making a $\frac{1}{4}$ turn to the right
- 3-4** Making a $\frac{1}{4}$ turn to right step forward on right, touch left next to right

5&6 Step left to left side, step right next to left, step left to left side

7-8 Rock back on right recover weight to left

REPEAT

TAG

After 7th wall

1-2 Rock forward on right, recover weight to left

3-4 Rock back on right, recover weight to left