

# THE TIDE IS HIGH

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Jenna Nelson

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

## STEP FORWARD, BACK TWICE

- 1-2 Step forward right, step forward left
- 3-4 Step back right, step back left
- 5-8 Repeat steps 1-4

## SLIDE TWICE, MONTEREY TURN, OUT, STEP

- 9-10 Step forward right, slide left beside right
- 11-12 Step forward left, slide right beside left
- 13-14 Touch right toe to right, make  $\frac{1}{2}$  turn right stepping right beside left
- 15-16 Point left to left. Step left beside right

## TRAVELING APPLEJACKS, KICK STEP TOUCH TWICE

- 17 Fan heels out
- 18 Swivel heels in
- 19&20 Swivel heels out, in, out as you travel left
- 21&22 Kick right forward, step right beside left, touch left behind right
- 23&24 Kick left forward, step left beside right, touch right behind left

## SKATE TWICE, SIDE SHUFFLE, CROSS ROCK, SHUFFLE $\frac{1}{4}$ TURN LEFT

- 25-26 Skate right diagonally forward right, skate left diagonally forward left
- 27&28 Side shuffle right (right, left, right)
- 29-30 Cross rock left over right, replace weight on right
- 31&32 Shuffle  $\frac{1}{4}$  turn left (left, right, left)

## REPEAT

## TAG 1

**After 3rd & 5th wall**

- 1-4** Step right diagonally forward right, lean weight forward, back
- 5-6** Point right to right side, touch right beside left
- 7-8** Point right to right side, step right beside left
- 9-16** Repeat steps 1-8 of tag on the left

## **TAG 2**

### **Danced after 6th wall only**

- 1-2** Cross right over left, step back left
- 3-4** Step right to right side, step left beside right