

THE TIDE

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Kate Elisabeth Berntsen

Music: The Tide Is High by Atomic Kitten

OUT, OUT, IN, IN.(X 4 TIMES)

1-2-3-4 Step diagonally forward on right foot, step diagonally forward on left foot, step diagonally back on right foot in place, step diagonally back on left foot in place

5-16 Repeat 1-4 three more times

ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-2 Rock right forward, and recover to left foot

3&4 Make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward

5-6 Step left foot forward, step right foot forward

7&8 Step left foot forward, step right next to left, step left forward

ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-4 Rock right forward, and recover to left foot, make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward

5-8 Step left foot forward, step right foot forward, step left foot forward, step right next to left, step left forward

½ PIVOT TURN, ½ PIVOT TURN, ½ PIVOT TURN, VAUDEVILLES WITH CROSS

1-2-3-4 Step right foot forward, make ½ turn to left, step right foot forward, make ½ turn to left

1-2&3&4 Step right to right, cross left behind right, step right to right, touch left heel diagonally to left, cross right over left foot

UNWIND, SHUFFLE, VAUDEVILLES WITH CROSS

1-2 Unwind to left

3&4 Step left to left, step right next to left, step left to left

1-2&3&4 Step right across left, step left to left, step right behind left, step left across right

UNWIND, SHUFFLE, ROCK, SHUFFLE

- 1-2** Unwind to right
- 3&4** Step right to right, step left to left, step right to right
- 5-6** Rock left diagonally over right, and recover to right
- 7&8** Step left to left, step right next to left, step left to left

¾ PIVOT TURN, SHUFFLE, FULL TURN, SHUFFLE

- 1-2** Turn ¼ turn to left and step forward, turn ½ to left.
- 3&4** Step right forward, step left next to right, step right forward
- 5-6** Step left forward and turn ½ turn, turn ½ turn over right and step right forward
- 7&8** Step left forward, step right next to left, step left forward

REPEAT

RESTART

Restarts occur after counts 16 and 24.