

# HIGH TIDE

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**Count:** —

**Wall:** 2

**Level:** intermediate/advanced

**Choreographer:** Sharon McNaughton

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

**Sequence:** AC ABC ABC Tag C ABC

## PART A

### OUT, OUT, IN, TOGETHER, OUT, OUT, IN, TOGETHER

- 1-2** Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 3-4** Step back with right foot to original position, close left foot next to right
- 5-6** Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 7-8** Step back with right foot to original position, close left foot next to right

### STEP, TWIST TWIST, STEP TWIST TWIST, CROSS, BACK, BALL CROSS, BALL CROSS

- 9&10** Step forward on ball of right in line with left, twist both heels to right, twist both heels back to center
- 11&12** Step forward on ball of left foot in line with right, twist both heels to left, twist both heels back to center
- 13-14** Cross right foot over left, step back on left
- &15** Step to right on ball of right foot, cross left over right
- &16** Step to right on ball of right foot, cross left over right

### SIDE ROCK, SAILOR ¼ TURN, SKATE, SKATE, STEP LOCK STEP

- 17-18** Rock to right side, recover weight onto left
- 19&20** Sailor step with ¼ turn to right
- 21-22** Skate forward on left, skate forward on right
- 23&24** Step forward on left, lock right foot behind left, step forward on left

### FORWARD ROCK, BACK LOCK HOLD, BACK LOCK, SIDE BALL CROSS SIDE

- 25-26** Rock forward onto right foot, recover weight back onto left foot
- &27-28** Step back onto right foot, lock left foot over right, hold 1 count
- &29-30** Step back on right foot, lock left over right, step to the right side with right

**&31-32** Step to left on ball of left foot, cross right over left, step to left side with left foot

## **PART B**

### **CROSS, SIDE, ¼ TURN, TOUCH, FLICK, STEP, SHUFFLE FORWARD**

- 1-2** Cross right over left, step left foot to left
- 3-4** Step back on right making ¼ turn to right, touch left foot next to right
- 5-6** Flick left foot back (from the knee), step forward on left
- 7&8** Step right foot forward, close left next to right, step right foot forward

### **CROSS ROCK, STEP LEFT DRAG, BALL CHANGE, PIVOT ¼ TURN WITH HIP CIRCLE**

- 9-10** Cross rock left over right, recover weight onto right
- 11** Big side step to left
- 12-13** Drag right foot to left over 2 counts
- &14** Step to right with ball of right foot, step left foot next to right
- 15-16** Step right foot forward, pivot ¼ turn to left while circling hips to the left (ending with weight on left foot)

## **PART C**

### **BACK ROCK, CHASSIS RIGHT, CROSS STRUT, HEEL BOUNCES WITH ½ TURN**

- 1-2** Rock back on right foot, recover weight onto left foot
- 3&4** Step right foot to right, close left next to right, step right foot to right
- 5-6** Cross touch left over right, drop heel
- 7&8** Bounce on both heels 3 times while making ½ turn to right

### **COASTER STEP, FORWARD DIAGONAL ROCK, BEHIND SIDE CROSS, SIDE ROCK**

- 9&10** Step back on right foot, close left foot next to right, step forward on right
- 11-12** Rock forward on left to left diagonal, recover weight back onto right
- 13&14** Cross left foot behind right, step to right with right, cross left foot over right
- 15-16** Rock to right side, recover weight onto left foot

### **CROSS STRUT, SIDE STRUT WITH SHOULDER SHIMMIES, ¾ TURN, PIVOT ½ TURN**

- 17-18** Cross touch right over left, drop right heel (while shimmying shoulders)
- 19-20** Touch left toe to left side, drop left heel (while shimmying shoulders)

**21-22** Cross right foot over left, pivot  $\frac{3}{4}$  turn to left ending with weight on left

**23-24** Step forward on right, pivot  $\frac{1}{2}$  turn to left ending with weight on left

### **FORWARD ROCK, SHUFFLE $\frac{1}{2}$ TURN, PIVOT $\frac{1}{2}$ TURN, SHUFFLE FORWARD**

**25-26** Rock forward onto right, recover weight onto left

**27&28** Shuffle  $\frac{1}{2}$  turn to right

**29-30** Step forward on left, pivot  $\frac{1}{2}$  turn to right

**31&32** Step left foot forward, close right next to left, step left foot forward

### **TAG**

### **FORWARD ROCK, $\frac{1}{4}$ ROCK**

**1-2** Rock forward on right, recover weight onto left

**3-4** Rock to right side making  $\frac{1}{4}$  turn to right, recover weight onto left