

# NO. 1

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** beginner/intermediate

**Choreographer:** EmCee

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

## **CROSS, STEP, TURN RIGHT HEEL JACK, STEP, STEP, TURN STEP, TURN LEFT HEEL JACK, HOLD**

1-2      Step right in front of left, recover weight onto left

**3¼ turn right dig right heel forward leaning back**

4-5      Step onto right, step left forward

**6-7¼ turn left step on right, ¼ turn left dig left heel forward leaning back**

8&      Bob down, transfer weight to left as you come up

## **STEP, STEP, TURN RIGHT HEEL JACK, TURN, STEP, KICK, KICK, STEP, HEEL FLICK**

1-2      Step right forward, step left forward

**3-4¼ turn right dig right heel forward, ¼ turn left step onto right**

5-6      Kick left forward twice

7-8      Step onto left, flick right behind left reaching down with left hand to touch right heel

## **WEAVE, TURN STEP, TURN STEP, BEHIND**

1-2      Step right to right side, cross left behind right

3-4      Step right to right side, cross left in front of right

5-6      Step right to right side, ½ turn left step onto left

7-8      Step right in place, cross left behind right

## **FULL ROLLING TURN, BELLY ROLL**

**1-2¼ turn right step onto right, ¼ turn right step left to side**

**3-4¼ turn right step back onto right, ¼ turn right step left across right**

5-6      Step right to right rotate hips forward anti to the right transferring weight to left

7      Rotate hips back and to right transferring weight to right

**8** Rotate hips forward to left, transferring weight to left

**REPEAT**

**TAGS**

**After 3rd & 5th repetition, repeat belly roll to the right over 4 counts**

**During 9th repetition after count 8, then repeat first 16 counts only to end**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=32895](https://www.linedance.com/index.php?f=dance_view&id=32895)