

# High Tide

Count: 48

Wand: 4

Ebene: Advanced

Choreograf/in: Sandy Collins (USA) & Dottie Wicks (USA)

Musik: High Tide In Tulsa - John Nelson and the Peace River Band



## HIP SWAYS/TOE POINTS

- 1-4 Rotate hips right-left-right-left
- 5 Touch right toe to right side
- 6 Bring right foot to home position
- 7&8 Rock back on right and forward on left (weight on left)

## CHA-CHA/ ½ TURN RIGHT

- 1&2 Cha-cha (right-left-right)
- 3 Step left forward
- 4 Turn ½ turn to the right keeping feet close together (weight on right)

## HIP SWAYS/TOE POINTS

- 1-4 Rotate hips left-right-left-right
- 5 Touch left toe to left side
- 6 Bring left foot to home position
- 7&8 Rock forward on left and back on right (weight on right)

## CHA-CHA/ ¼ TURN

- 1&2 Cha-cha (left-right-left)
- 3 Step right forward
- 4 Turn ¼ turn to the left (weight on left)

## CROSS OVER WITH TRIPLE STEPS

- 1-2 Cross right foot over left, rock back on left
- 3&4 Triple step to right (right-left-right)
- 5-6 Cross left foot over right, rock back on right
- 7&8 Triple step to left (left-right-left)

## SIDE ROCK WITH ¼ TURN/TRIPLE STEPS

- 1-2 Step on right foot make ¼ turn to the left on ball of left foot (weight left)
- 3&4 Triple step (right-left-right)
- 5-6 Rock to side on left step on right (weight on right)
- 7&8 Triple step (left-right-left)

## POINT STEPS/¼ TURN/TRIPLE STEPS

- 1 Point right toe to right side
- 2 Hitch right knee and turn ¼ turn to the left on ball of left foot
- 3&4 Traveling triple step (right-left-right)
- 5 Point left toe to left side
- 6 Hitch left knee over right knee
- 7&8 Traveling triple step (left-right-left) (weight on both feet)

## REPEAT

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