

The Tide is High

Count: 32

Wall: 4

Level: Improver

Choreographer: Serly (INA) - September 2021

Music: The Tide Is High - Atomic Kitten



Intro 16C

S. 1 - Side, Vine, Coaster Step 1/4 turn L

1,2 Step RF to side, Recover on LF
3&4 Cross RF behind LF, Step LF to L, Cross RF over LF
5,6 Step LF to side, 1/4 turn L Recover on RF
7&8 Step LF back, Close RF next to LF, step LF forward

S. 2 - Rock Forward, Back Shuffle, Rock Back, Forward Shuffle

1,2 Rock RF forward, Recover onto LF
3&4 Step RF back, Close LF next to RF, Step RF back
5,6 Rock LF back, Recover onto RF
7&8 Step LF forward, Close RF next to LF, Step LF forward

***Tag here => Out-Out, In-In (4C)**

***1,2 Step RF to R diagonal forward, Step LF to L diagonal forward**

***3 4 Step RF back to center, Step LF beside RF**

S. 3 - 1/4 Pivot Turn L, Cross Shuffle, 1/4 Monterey Turn L with Flick

1,2 Step RF forward, Turn 1/4 L step LF in place
3&4 Cross RF over LF, Step LF to L, cross RF over LF
5,6 Point LF to side, 1/4 Turn L close LF to RF
7,8 Point RF to side, RF Flick back

S. 4 - Weave Point, Jazz Box

1,2 RF cross over LF, LF step L side
3,4 Step RF behind LF, LF point L side & turn body slightly to R
5,6 Cross LF over RF, Step back RF
7,8 Step LF to side, Step RF next to LF

Restart on Wall 4 & 7 after 16C

Tag after wall 8- 4C

Enjoy & Happy Dancing...

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