

Low Tide

Count: 32

Wall: 2

Level: Beginner

Choreographer: Pauline Mason (UK)

Music: The Tide Is High - Atomic Kitten



SIDE CLOSE CHASSE TO RIGHT, SIDE CLOSE CHASSE TO LEFT

- 1 Step right to side
- 2 Close left to right
- 3-4 Side right, close left to right, side right
- 5-8 Repeat 1-4 to left

HIP SWAYS, ROCK BACK, ½ PIVOT TURN TO LEFT

- 9-12 Sway hips right, left, right, left
- 13 Step back on right
- 14 Replace weight forward onto left
- 15 Step forward right
- 16 ½ pivot turn to left (weight ending on left foot)

ROCK STEP, COASTER STEP TWICE

- 17 Step forward on right
- 18 Replace back onto left
- 19&20 Coaster back right
- 21-24 Repeat 1-4 on left foot

2 SIDE TOUCHES WITH CLICKS, 2 X ½ PIVOTS TO LEFT

- 25 Step right to side, dipping knees
- 26 Point left foot out to left side (click fingers)
- 27-28 Repeat 24-25 stepping left to side
- 29 Step forward right foot
- 30 ½ pivot to left
- 31 Step forward left foot
- 32 ½ pivot to right

REPEAT

For an intermediate/advanced version dance to the same music, try High Tide!
