

No. 1

Count: 32

Wall: 4

Level: Improver

Choreographer: EmCee (UK)

Music: The Tide Is High - 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
- 3 ¼ turn right dig right heel forward leaning back
- 4-5 Step onto right, step left forward
- 6-7 ¼ 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
- 3-4 ¼ 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

- 1-2 ¼ turn right step onto right, ¼ turn right step left to side
- 3-4 ¼ 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
