

# The Tide Is High

Count: 0

Wall: 4

Level: Intermediate

Choreographer: Steffi (UK)

Music: The Tide Is High - Atomic Kitten



Sequence: AAA, B, AA, B, A, C, AAAA

## PART A

### SIDE, BEHIND, STEP, IN FRONT, STEP, RECOVER, CROSS SHUFFLE, STEP

- 12 Step right to right side, step left behind right  
&3&4 Step right to right side, cross left in front of right, rock right to right side, recover left to left side  
6&7 Cross right in front of left, step left to left side, cross right in front of left  
8 Step left to left side

### POINT RIGHT, POINT LEFT, LEFT COASTER STEP, RIGHT JAZZ BOX WITH TOUCH

- 1&2 Point right toe to right side, step right next to left, point left toe to left side  
3&4 Step left back, step right next to left, step left forward  
56 Cross right over left, step back on left  
78 Step right in place, touch left toe on floor in front of right foot

When touching left toe in front of right, angle body to right, keeping head & feet facing front

### LEFT SHUFFLE FORWARD, STEP ½ PIVOT TURN LEFT, CROSS SIDE RECOVER, CROSS SIDE RECOVER

- 1&2 Step forward left, step right next to left, step forward on left  
34 Step right forward, ½ pivot turn left  
5&6 Cross right over left, step left to left side, recover right to right side  
7&8 Cross left over right, step right to right side, recover left to left side

Travel forward on the cross side recovers

### CROSS SHUFFLE, SIDE, RECOVER, BEHIND, SIDE, STEP ¼ RIGHT, STEP BACK ½ RIGHT, STEP

- 1&2 Cross right in front of left, step left to left side, cross right in front of left  
34 Rock left, recover right in place  
5&6 Step left behind right, step right in place, step left to left side making ¼ turn right  
78 Step back on right making ½ turn right, step forward on left

## PART B

### SIDE, RECOVER, CROSS SHUFFLE, SIDE, RECOVER, CROSS SHUFFLE, POINT & POINT, COASTER STEP, STEP ½ TURN, STEP ½ TURN

- 12 Rock right to right side, recover weight on left  
3&4 Cross right over left, step left to left side, cross right over left  
56 Rock left to left side, recover weight on right  
7&8 Cross left over right, step right to right side, cross left over right  
9&10 Point right toe to right side, step right in place, point left to left side  
11&12 Step back on left, step right next to left, step forward on left  
1314 Step right forward, ½ pivot turn left, weight ends on left  
15-16 Step right forward ½ pivot turn left, weight ends on left

## PART C

### POINT, HOLD, & POINT & POINT

- 12 Point right to right side, hold  
&3&4 Step right in place, point left to left side, step left in place, point right to right side

