

The Tide Is High

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Wesley Cowie (UK)

Music: The Tide Is High (Groove Brother 7-Inch Edit) - Atomic Kitten



Start on second 31

POINT, TURN ½, FORWARD SHUFFLE, MONTEREY FULL TURN

- 1-2 Touch right to right side, on ball of left make ½ turn right, stepping right beside left
- 3&4 Step forward on left, close right beside left, step forward on left
- 5-6 Touch right to right side, on ball of left make a full turn right, stepping right beside left
- 7-8 Touch left to left side, step left beside right

RIGHT CHASSE, ROCK, STEP, CROSSING CHASSE, STEP TURNING ¼, STEP TURNING ¼

- 1&2 Step right to right side, close left beside right, step right to right side
- 3& Rock left foot across right foot, recover weight onto right foot
- 4 Step left foot to left side
- 5&6 Cross right foot over left, step left to left side, cross right foot over left
- 7 Step left foot to left side making ¼ turn right
- 8 On ball of left foot make ¼ right, stepping right to right side

CROSSING CHASSE 1/8 TURN, ROCKING CHAIR, SHIMMY FORWARD

- 1& Cross left foot over right, step right to right side
- 2 Cross left foot over right making 1/8 turn right
- 3-4 Rock forward on right foot, rock back onto left foot
- 5-6 Rock back on right foot, recover weight onto left foot
- & Close right foot beside left foot
- 7-8 Lean forward & shimmy

In counts 3-4 swing arms forward, in counts 5-6 swing arms backwards

SHIMMY BACKWARDS, STEP PIVOT 5/8, BOOGIE WALKS FORWARD, STEP, STEP

- 1-2 Lean back & shimmy
- 3-4 Step forward on right foot, pivot 5/8 left
- 5 Step forward on right, swiveling right on balls of feet
- 6 Step forward on left, swiveling left on balls of feet
- 7-8 Step forward on right, step left beside right

In count 5 swing arms right, in count 6 swing arms left

REPEAT
