

The Tide Is High

Count: 32

Wall: 4

Level: Improver

Choreographer: Jenna Nelson

Music: The Tide Is High - Atomic Kitten



STEP FORWARD, BACK TWICE

- 1-2 Step forward right, step forward left
- 3-4 Step back right, step back left
- 5-8 Repeat steps 1-4

SLIDE TWICE, MONTEREY TURN, OUT, STEP

- 9-10 Step forward right, slide left beside right
- 11-12 Step forward left, slide right beside left
- 13-14 Touch right toe to right, make $\frac{1}{2}$ turn right stepping right beside left
- 15-16 Point left to left. Step left beside right

TRAVELING APPLEJACKS, KICK STEP TOUCH TWICE

- 17 Fan heels out
- 18 Swivel heels in
- 19&20 Swivel heels out, in, out as you travel left
- 21&22 Kick right forward, step right beside left, touch left behind right
- 23&24 Kick left forward, step left beside right, touch right behind left

SKATE TWICE, SIDE SHUFFLE, CROSS ROCK, SHUFFLE $\frac{1}{4}$ TURN LEFT

- 25-26 Skate right diagonally forward right, skate left diagonally forward left
- 27&28 Side shuffle right (right, left, right)
- 29-30 Cross rock left over right, replace weight on right
- 31&32 Shuffle $\frac{1}{4}$ turn left (left, right, left)

REPEAT

TAG 1

After 3rd & 5th wall

- 1-4 Step right diagonally forward right, lean weight forward, back
- 5-6 Point right to right side, touch right beside left
- 7-8 Point right to right side, step right beside left
- 9-16 Repeat steps 1-8 of tag on the left

TAG 2

Danced after 6th wall only

- 1-2 Cross right over left, step back left
- 3-4 Step right to right side, step left beside right