

# The Tide

Count: 64

Wall: 4

Level: Improver

Choreographer: Kate Elisabeth Berntsen (NOR)

Music: The Tide Is High - Atomic Kitten



## OUT, OUT, IN, IN.(X 4 TIMES)

- 1-2-3-4 Step diagonally forward on right foot, step diagonally forward on left foot, step diagonally back on right foot in place, step diagonally back on left foot in place
- 5-16 Repeat 1-4 three more times

## ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

- 1-2 Rock right forward, and recover to left foot
- 3&4 Make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward
- 5-6 Step left foot forward, step right foot forward
- 7&8 Step left foot forward, step right next to left, step left forward

## ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

- 1-4 Rock right forward, and recover to left foot, make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward
- 5-8 Step left foot forward, step right foot forward, step left foot forward, step right next to left, step left forward

## ½ PIVOT TURN, ½ PIVOT TURN, ½ PIVOT TURN, VAUDEVILLES WITH CROSS

- 1-2-3-4 Step right foot forward, make ½ turn to left, step right foot forward, make ½ turn to left
- 1-2&3&4 Step right to right, cross left behind right, step right to right, touch left heel diagonally to left, cross right over left foot

## UNWIND, SHUFFLE, VAUDEVILLES WITH CROSS

- 1-2 Unwind to left
- 3&4 Step left to left, step right next to left, step left to left
- 1-2&3&4 Step right across left, step left to left, step right behind left, step left across right

## UNWIND, SHUFFLE, ROCK, SHUFFLE

- 1-2 Unwind to right
- 3&4 Step right to right, step left to left, step right to right
- 5-6 Rock left diagonally over right, and recover to right
- 7&8 Step left to left, step right next to left, step left to left

## ¾ PIVOT TURN, SHUFFLE, FULL TURN, SHUFFLE

- 1-2 Turn ¾ turn to left and step forward, turn ½ to left.
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Step left forward and turn ½ turn, turn ½ turn over right and step right forward
- 7&8 Step left forward, step right next to left, step left forward

## REPEAT

## RESTART

Restarts occur after counts 16 and 24.