

# High Tide

**COPPER** **KNOB**  
BY STEPHEN METZ

Count: 32

Wall: 4

Level: Improver

Choreographer: Tim Gauci (AUS)

Music: The Tide Is High - Atomic Kitten



## Start dance 32 beats after first vocals

- 1-2-3&4 Step left to left, slide right to left, shuffle left side (left, right, left)- use hips  
5-6-7&8 Step right behind left, rock weight forward on left, step right back turning  $\frac{1}{4}$  to left, step left to left turning  $\frac{1}{4}$  to left (&), step right over left
- 1-2-3&4 Step left to left, slide right to left, shuffle left side (left, right, left)- use hips  
5-6-7&8 Step right behind left, rock weight forward on left, step right back turning  $\frac{1}{4}$  to left, step left forward turning  $\frac{1}{2}$  to left (&), step right forward
- 1-2-3&4 Step left forward (pushing left hip forward), slide right to left (pushing right hip back), shuffle forward left, right, left  
5-6-7-8 Step right forward, pivot  $\frac{1}{4}$  to left, step right forward, pivot  $\frac{1}{4}$  to left- use hip on  $\frac{1}{4}$  turns
- 1-2-3&4 Step right forward (pushing right hip forward), slide left to right (pushing left hip back), shuffle forward right, left, right  
5-6&7&8 Step left forward, rock weight on right, step left together (&), shuffle right over left (right, left, right)

## REPEAT

### TAG 1

At the end of walls 2 (back wall) & 4 (front wall), add these 16 extra beats and continue dance from the beginning

- 1-2-3&4 Step left to left, slide right to left, shuffle left side turning  $\frac{1}{4}$  to left  
5-6-7&8 Step right forward, pivot  $\frac{1}{4}$  to left, shuffle right over left (right, left, right)  
1-2-3&4 Step left to left, slide right to left, shuffle left side turning  $\frac{1}{4}$  to left  
5-6-7&8 Step right forward, pivot  $\frac{1}{4}$  to left, shuffle right over left (right, left, right)

### TAG 2

At the end of the 4th wall (facing 3:00)- step left to left and sway hips left, right, left, right then start dance from the beginning

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