

# High Tide

**Count:** 32

**Wall:** 4

**Level:** Intermediate/Advanced

**Choreographer:** Pauline Mason (UK)

**Music:** The Tide Is High - Atomic Kitten



## **APPLEJACKS, ½ PIVOT TO LEFT, 2 HIP HOPS**

- 1&2&3&4& Applejacks (or replace with 4 swivels right, left, right, left)  
5 Step forward right foot  
6 ½ pivot to left  
7& Step right foot diagonally to right, hop & hitch left foot behind right foot  
8& Step left foot diagonally to left, hop & hitch right foot behind left foot

## **ROLL FULL TURN TO RIGHT WITH CHASSE ENDING & MASHED POTATO**

- 9 Step right foot to right turning ¼ turn to right  
10 Step left foot back turning ½ turn to right  
11&12 Chasse right, left, right turning ¼ turn to right  
13 Touch left foot forward  
&14 Split heels apart, bring heels in taking left foot behind right  
&15 Split heels apart, bring heels in taking right foot behind left  
&16 Split heels apart, bring heels in touching left foot behind right

## **LEFT LOCK STEP, KICK BALL STEP, ½ PIVOT TO LEFT, BODY ROLL**

- 17 Step left foot forward  
& Cross right foot behind left foot  
18 Step left foot forward  
19&20 Kick right foot forward, step ball of foot right, step forward left foot  
21 Step forward right foot  
22 ½ pivot turn to left (weight on left)  
23 Touch right foot forward without weight  
24 Body roll

## **2 SIDE TOUCHES WITH CLICKS, TURN ¼ TURN LEFT, FLICK, CHASSE TO LEFT**

- 25 Step right foot to side, dipping knees  
26 Point left foot out to left side (click fingers)  
27-28 Repeat 24 - 25 stepping left to side  
29 Step forward right foot, turning ¼ turn to left  
30 Flick left foot behind right foot  
31&32 Chasse to left

## **REPEAT**

## **TAG**

### **After wall 6**

- 1 Step to right side with right foot  
2 Tap left foot beside right  
3 Step left side with left foot  
4 Tap right foot beside left foot

**For an easy beginner version dance to the same music, try Low Tide!**

## **RESTART**

**On wall 4, dance only the first 16 counts, then restart.**

