

The Tide is High

拍数: 32 墙数: 4 级数: Newcomer / Beginner
编舞者: Yvonne Sevre (NOR) - December 2019
音乐: The Tide Is High - Blondie : (Remastered)



Intro: 40 counts - Tags: (after wall 3, 5 and 8)

Section 1(1-8): Side together, chasse right, forward rock, chasse left

1 - 2 Step RF to right - step LF next to RF
3 & 4 Step RF to right - step LF next to RF - step RF to right
5 - 6 Rock forward with LF - recover on RF
7 & 8 Step LF to left - step RF next to LF - step LF to left

Section 2(9-16): Rock forward right, coaster, rock forward left, sailor ¼ turn left

1 - 2 Rock forward with RF - recover on LF
3 & 4 Step RF back - step LF next to RF - step RF forward
5 - 6 Rock forward with LF - recover on RF
7 & 8 Cross LF behind RF - turn ¼ left when step RF to right - step LF to left

Section 3(17-24): Vine right, vine left

1 - 4 Step RF right - cross LF behind RF - step RF right - touch LF next to RF
5 - 8 Step LF left - cross RF behind LF - step LF left - touch RF next to LF

Optional;

Turn ¼ left when stepping forward on LF (5) - keep turning ½ left while step back on RF (6) - turn ¼ left while step LF to left (7) - touch RF next to LF(8)

Section 4(25-32): Right K-step

1 - 2 Step RF forward diagonally to right - touch LF next to RF
3 - 4 Step LF backwards diagonally to left - touch RF next to LF
5 - 8 Step RF backwards diagonally to right - step LF next to RF
7 - 8 Step LF forward diagonally left - touch RF next to LF

Tag 1(After wall 3, 5 and 8)

1 - 2 Step out to right with RF and sway to right - Sway to left
3 - 4 Sway to right - Sway to left and drag RF next to LF

Tag 2(before tag 1 in wall 8)

1 - 2 Step out to right with RF and sway to right - hold
3 - 4 Sway to left - hold
5 - 8 Sway to right - Sway to left - Sway to right - Sway to left

NOTE! After wall 8 it will be tag 2, so tag 1, and then start from the top

Smile, enjoy and take care everybody

And I want to thanks my husband Tomas for the music ☐

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