

# 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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Last Update - 28 August 2021-R2a**