

Tide is High 2022

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: SoonYoung-Bae (KOR) - September 2022
音乐: The Tide Is High - Atomic Kitten



- * Intro : 16c (start on vocal)
- * Restart : After step change, at 16c on 4 Wall(12:00), 7 Wall(9:00)
- * Tag(4c) : After the end on 8 Wall(12:00)

S1[1-8] WALK FWD R-L, 1/4 L PIVOT, FWD MAMBO, BACK MAMBO(9:00)

1 2 walk forward RF-LF
3 4 step RF forward, 1/4 LF side(9:00)
5&6 rock RF forward, step LF in place, step RF back
7&8 rock LF back, step RF in place, step LF forward

S2[9-16] FWD SHUFFLE, 1/2 R PIVOT, SIDE MAMBO(L-R)(3:00)

1&2 step RF forward, ball step LF beside RF, step RF forward
3 4 step LF forward, 1/2 R RF forward(3:00)
5&6 rock LF side, step RF in place, step LF beside RF
7&8 rock RF side, step LF in place, step RF beside LF

**** STEP CHANGE AND RESTART : after step change (7&8 rock RF side, RF toe touch beside LF) on 4 WALL, 7 WALL**

S3[17-24] FWD SHUFFLE, CHASSE R, 1/4 L CHASSE, FWD SHUFFLE(12:00)

1&2 step LF forward, ball step RF beside LF, step LF forward
3&4 step RF side, ball step LF beside RF, step RF side
5&6 1/4 L LF side(12:00), ball step RF beside LF, step LF forward
7&8 step RF forward, ball step LF beside RF, step RF forward

S4[25-32] CROSS- SIDE POINT(L-R), 1/4 R PIVOT, CROSS, SIDE POINT(3:00)

1 2 cross LF over RF, RF toe point to R
3 4 cross RF over LF, LF toe point to L
5 6 step LF forward, 1/4 R RF side(3:00)
7 8 cross LF over RF, RF toe point to R

**** TAG(4c)**

S[1-4] SIDE AND HIP SWAY R-L-R-L

1-4 step RF side and hip sway R, hip sway L-R-L

The Dance Is The Best Play! Have Fun! ☐

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