

# No. 1

拍数: 32      墙数: 4      级数: Improver  
编舞者: EmCee (UK)  
音乐: The Tide Is High - Atomic Kitten



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## CROSS, STEP, TURN RIGHT HEEL JACK, STEP, STEP, TURN STEP, TURN LEFT HEEL JACK, HOLD

1-2      Step right in front of left, recover weight onto left  
3      ¼ turn right dig right heel forward leaning back  
4-5      Step onto right, step left forward  
6-7      ¼ turn left step on right, ¼ turn left dig left heel forward leaning back  
8&      Bob down, transfer weight to left as you come up

## STEP, STEP, TURN RIGHT HEEL JACK, TURN, STEP, KICK, KICK, STEP, HEEL FLICK

1-2      Step right forward, step left forward  
3-4      ¼ turn right dig right heel forward, ¼ turn left step onto right  
5-6      Kick left forward twice  
7-8      Step onto left, flick right behind left reaching down with left hand to touch right heel

## WEAVE, TURN STEP, TURN STEP, BEHIND

1-2      Step right to right side, cross left behind right  
3-4      Step right to right side, cross left in front of right  
5-6      Step right to right side, ½ turn left step onto left  
7-8      Step right in place, cross left behind right

## FULL ROLLING TURN, BELLY ROLL

1-2      ¼ turn right step onto right, ¼ turn right step left to side  
3-4      ¼ turn right step back onto right, ¼ turn right step left across right  
5-6      Step right to right rotate hips forward anti to the right transferring weight to left  
7      Rotate hips back and to right transferring weight to right  
8      Rotate hips forward to left, transferring weight to left

## REPEAT

## TAGS

After 3rd & 5th repetition, repeat belly roll to the right over 4 counts  
During 9th repetition after count 8, then repeat first 16 counts only to end

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