

# Tide Is High

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Hanne Ekknud Pedersen (DK)  
音乐: The Tide Is High - Atomic Kitten



## ROCK STEP FORWARD RIGHT, COASTER STEP, STEP ½ TURN RIGHT, LEFT SHUFFLE FORWARD

- 1            Rock forward on right foot
- 2            Recover weight on left foot
- 3&4        Step back on right foot, step left next to right, step forward right
- 5            Step forward on left foot
- 6            Turn ½ turn ending with weight on right foot
- 7&8        Shuffle forward left, right, left

## HIP BUMP RIGHT, LEFT, RIGHT, CROSS ROCK LEFT, SHUFFLE TO LEFT WITH ¼ TURN, FORWARD STEP

- 9            Step onto right foot and bump hip to right
- 10          Step onto left foot and bump hip to left
- 11          Step onto right foot and bump hip to right
- 12          Cross rock left in front over right foot
- 13          Recover weight on right foot
- 14&15      Shuffle to left with ¼ turn left, right, left (turn happens on the last left shuffle step)
- 16          Step forward on right foot

## POINT FRONT, TOUCH, STEP SIDE, SLIDE TOGETHER, LEFT CHASSÉ, CROSS ROCK BEHIND

- 17          Point left foot on toe in front of right
- 18          Touch left foot next to right
- 19          Step to side with left foot
- 20          Slide right foot together to left (weight on right foot)
- 21&22      Chassé to left side, left, right, left
- 23          Cross rock right behind left foot
- 24          Recover weight on left foot

## 2 X TOE STRUT, ½ MONTEREY, TOUCH LEFT, STEP TOGETHER

- 25-26      Touch right toe to side, put down heel
- 27-28      Touch left toe crossed in front of right, put down heel
- 29-30      Touch right foot to side (prep for ½ turn), turn ½ turn ending with weight on right foot
- 31          Touch left foot to side
- 32          Step left next to right foot (weight on left foot / weight change)

## REPEAT

---