

Tide Is High

拍数: 32 墙数: 4 级数: Beginner
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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
