

# The Tide Is Right

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Sandra Johns (UK)  
音乐: The Tide Is High - Atomic Kitten



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## ROCK STEPS, TRIPLE FULL TURN RIGHT, ROCK STEP, SAILOR CROSS

1-2      Rock right to right side, rock onto left in place  
3&4      Triple full turn right, stepping right - left - right  
5-6      Rock left to left side, rock onto right in place  
7&8      Step left behind right, step right to right side, cross left over right

## RIGHT HEEL BALL CROSS TWICE, GRIND ¼ RIGHT, COASTER STEP

1-2      Touch right heel for ward, step slightly back on right, cross left over right  
3-4      Repeat steps 1-2  
5&6      Grind right heel forward making ¼ turn right, step back onto left  
7&8      Step right back, step left beside right, step forward right

## CROSS STEP, CROSS, STEP, CROSS, ½ TURN LEFT

1-2      Cross left over right, step right diagonally back right  
3&4      Cross left over right, step right diagonally back right, cross left over right  
5-6      Step right back, making ½ turn left, step left forward  
7&8      Step right forward, lock left behind right, step forward on right

## ROCK FORWARD, TRIPLE ½ TURN LEFT TWICE, COASTER CROSS

1-2      Rock forward on left, rock back onto right  
3&4      Triple ½ turn left, stepping left, right, left  
5&6      Triple ½ turn left, stepping right, left, right  
7&8      Step left back, step right beside left, step left forward

## REPEAT

## TAG

The next 16 counts are danced at end of wall 3 & 5, when Atomic Kitten sings "number one, number one"

## TURNING HIP BUMPS

1&2      Step right forward bumping hips right, left, right  
3&4      Make ½ turn left, bumping hips, left, right, left  
5&6      Step right forward bumping hips, right, left, right  
7&8      Make ½ turn left, bumping hips, left, right, left

## CROSS ROCK, TRIPLE ½ TURN TWICE

1-2      Cross right over left, rock onto right in place  
3&4      Triple ½ turn right, stepping right, left, right  
5-6      Cross rock left over right, rock onto right in place  
7&8      Triple ½ turn left, stepping left, right, left

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