

The Tide

拍数: 64 墙数: 4 级数: Improver
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音乐: The Tide Is High - Atomic Kitten



OUT, OUT, IN, IN.(X 4 TIMES)

1-2-3-4 Step diagonally forward on right foot, step diagonally forward on left foot, step diagonally back on right foot in place, step diagonally back on left foot in place
5-16 Repeat 1-4 three more times

ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-2 Rock right forward, and recover to left foot
3&4 Make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward
5-6 Step left foot forward, step right foot forward
7&8 Step left foot forward, step right next to left, step left forward

ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-4 Rock right forward, and recover to left foot, make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward
5-8 Step left foot forward, step right foot forward, step left foot forward, step right next to left, step left forward

½ PIVOT TURN, ½ PIVOT TURN, ½ PIVOT TURN, VAUDEVILLES WITH CROSS

1-2-3-4 Step right foot forward, make ½ turn to left, step right foot forward, make ½ turn to left
1-2&3&4 Step right to right, cross left behind right, step right to right, touch left heel diagonally to left, cross right over left foot

UNWIND, SHUFFLE, VAUDEVILLES WITH CROSS

1-2 Unwind to left
3&4 Step left to left, step right next to left, step left to left
1-2&3&4 Step right across left, step left to left, step right behind left, step left across right

UNWIND, SHUFFLE, ROCK, SHUFFLE

1-2 Unwind to right
3&4 Step right to right, step left to left, step right to right
5-6 Rock left diagonally over right, and recover to right
7&8 Step left to left, step right next to left, step left to left

¾ PIVOT TURN, SHUFFLE, FULL TURN, SHUFFLE

1-2 Turn ¼ turn to left and step forward, turn ½ to left.
3&4 Step right forward, step left next to right, step right forward
5-6 Step left forward and turn ½ turn, turn ½ turn over right and step right forward
7&8 Step left forward, step right next to left, step left forward

REPEAT

RESTART

Restarts occur after counts 16 and 24.