

High Tide

拍数: 48 墙数: 4 级数: Advanced
编舞者: Sandy Collins (USA) & Dottie Wicks (USA)
音乐: High Tide In Tulsa - John Nelson and the Peace River Band



HIP SWAYS/TOE POINTS

1-4 Rotate hips right-left-right-left
5 Touch right toe to right side
6 Bring right foot to home position
7&8 Rock back on right and forward on left (weight on left)

CHA-CHA/ ½ TURN RIGHT

1&2 Cha-cha (right-left-right)
3 Step left forward
4 Turn ½ turn to the right keeping feet close together (weight on right)

HIP SWAYS/TOE POINTS

1-4 Rotate hips left-right-left-right
5 Touch left toe to left side
6 Bring left foot to home position
7&8 Rock forward on left and back on right (weight on right)

CHA-CHA/ ¼ TURN

1&2 Cha-cha (left-right-left)
3 Step right forward
4 Turn ¼ turn to the left (weight on left)

CROSS OVER WITH TRIPLE STEPS

1-2 Cross right foot over left, rock back on left
3&4 Triple step to right (right-left-right)
5-6 Cross left foot over right, rock back on right
7&8 Triple step to left (left-right-left)

SIDE ROCK WITH ¼ TURN/TRIPLE STEPS

1-2 Step on right foot make ¼ turn to the left on ball of left foot (weight left)
3&4 Triple step (right-left-right)
5-6 Rock to side on left step on right (weight on right)
7&8 Triple step (left-right-left)

POINT STEPS/¼ TURN/TRIPLE STEPS

1 Point right toe to right side
2 Hitch right knee and turn ¼ turn to the left on ball of left foot
3&4 Traveling triple step (right-left-right)
5 Point left toe to left side
6 Hitch left knee over right knee
7&8 Traveling triple step (left-right-left) (weight on both feet)

REPEAT