

High Tide

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Sharon McNaughton (UK)
音乐: The Tide Is High - Atomic Kitten



Sequence: AC ABC ABC Tag C ABC

PART A

OUT, OUT, IN, TOGETHER, OUT, OUT, IN, TOGETHER

- 1-2 Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 3-4 Step back with right foot to original position, close left foot next to right
- 5-6 Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 7-8 Step back with right foot to original position, close left foot next to right

STEP, TWIST TWIST, STEP TWIST TWIST, CROSS, BACK, BALL CROSS, BALL CROSS

- 9&10 Step forward on ball of right in line with left, twist both heels to right, twist both heels back to center
- 11&12 Step forward on ball of left foot in line with right, twist both heels to left, twist both heels back to center
- 13-14 Cross right foot over left, step back on left
- &15 Step to right on ball of right foot, cross left over right
- &16 Step to right on ball of right foot, cross left over right

SIDE ROCK, SAILOR ¼ TURN, SKATE, SKATE, STEP LOCK STEP

- 17-18 Rock to right side, recover weight onto left
- 19&20 Sailor step with ¼ turn to right
- 21-22 Skate forward on left, skate forward on right
- 23&24 Step forward on left, lock right foot behind left, step forward on left

FORWARD ROCK, BACK LOCK HOLD, BACK LOCK, SIDE BALL CROSS SIDE

- 25-26 Rock forward onto right foot, recover weight back onto left foot
- &27-28 Step back onto right foot, lock left foot over right, hold 1 count
- &29-30 Step back on right foot, lock left over right, step to the right side with right
- &31-32 Step to left on ball of left foot, cross right over left, step to left side with left foot

PART B

CROSS, SIDE, ¼ TURN, TOUCH, FLICK, STEP, SHUFFLE FORWARD

- 1-2 Cross right over left, step left foot to left
- 3-4 Step back on right making ¼ turn to right, touch left foot next to right
- 5-6 Flick left foot back (from the knee), step forward on left
- 7&8 Step right foot forward, close left next to right, step right foot forward

CROSS ROCK, STEP LEFT DRAG, BALL CHANGE, PIVOT ¼ TURN WITH HIP CIRCLE

- 9-10 Cross rock left over right, recover weight onto right
- 11 Big side step to left
- 12-13 Drag right foot to left over 2 counts
- &14 Step to right with ball of right foot, step left foot next to right
- 15-16 Step right foot forward, pivot ¼ turn to left while circling hips to the left (ending with weight on left foot)

PART C

BACK ROCK, CHASSIS RIGHT, CROSS STRUT, HEEL BOUNCES WITH ½ TURN

- 1-2 Rock back on right foot, recover weight onto left foot
- 3&4 Step right foot to right, close left next to right, step right foot to right
- 5-6 Cross touch left over right, drop heel
- 7&8 Bounce on both heels 3 times while making $\frac{1}{2}$ turn to right

COASTER STEP, FORWARD DIAGONAL ROCK, BEHIND SIDE CROSS, SIDE ROCK

- 9&10 Step back on right foot, close left foot next to right, step forward on right
- 11-12 Rock forward on left to left diagonal, recover weight back onto right
- 13&14 Cross left foot behind right, step to right with right, cross left foot over right
- 15-16 Rock to right side, recover weight onto left foot

CROSS STRUT, SIDE STRUT WITH SHOULDER SHIMMIES, $\frac{3}{4}$ TURN, PIVOT $\frac{1}{2}$ TURN

- 17-18 Cross touch right over left, drop right heel (while shimmying shoulders)
- 19-20 Touch left toe to left side, drop left heel (while shimmying shoulders)
- 21-22 Cross right foot over left, pivot $\frac{3}{4}$ turn to left ending with weight on left
- 23-24 Step forward on right, pivot $\frac{1}{2}$ turn to left ending with weight on left

FORWARD ROCK, SHUFFLE $\frac{1}{2}$ TURN, PIVOT $\frac{1}{2}$ TURN, SHUFFLE FORWARD

- 25-26 Rock forward onto right, recover weight onto left
- 27&28 Shuffle $\frac{1}{2}$ turn to right
- 29-30 Step forward on left, pivot $\frac{1}{2}$ turn to right
- 31&32 Step left foot forward, close right next to left, step left foot forward

TAG

FORWARD ROCK, $\frac{1}{4}$ ROCK

- 1-2 Rock forward on right, recover weight onto left
 - 3-4 Rock to right side making $\frac{1}{4}$ turn to right, recover weight onto left
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