

# The Tide is High

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Jonas Andréasson (SWE) - August 2011  
音乐: The Tide Is High - Blondie



Alt. music: Atomic Kitten - The Tide is High

Intro 16 counts

## S 1: Left cross rock, right shuffle, right cross rock, left shuffle

1-2                      Cross right foot over left, recover on left  
3&4                      Step right to right, step left beside right, step right to right  
5-6                      Cross left over right, recover on right  
7&8                      Step left to left, step right beside, step left to left

## S 2: Right rock step turn 1/4 left , Shuffle 1/2 Turn Right, full right turn, left lock step

1-2                      Make 1/4 turn left by rocking right foot forward. Recover to left  
3&4                      Shuffle step forward making 1/2 turn right, stepping – Left, Right, Left.  
5-6                      Make a 1/2 turn right stepping left back, make a 1/2 turn right stepping right forward (easy option walk left right)  
7&8                      Step left foot forward, lock right foot behind, step left foot forward

## S 3: Right cross rock, right cross shuffle to left, step left to left, left cross rock, left cross shuffle to right

1-2                      Cross right over left, recover to left,  
3&4                      Cross right over left. Step left to left side. Cross right over left.  
5-6                      Step left to left, step right slightly back left  
7&8                      Cross left over right. Step right to right side. Cross left over right

## S 4: Long step to the right, right sailor turn 1/4 right, hip bumps

1-2                      Step right foot to right, step left beside right  
3&4                      Turn right by Crossing right behind left. Step left to left side. Step right to place  
5-6                      Hip bumps left, right  
7&8                      Hip bumps left, right, left

**Blondie:**

Restart in 4th wall after 28 counts(listen to music) Skip the hip bumps in count 5-8 in section 4.  
Tags in 6th wall and 9th wall - hip bumps (4 counts) or sway (listen to music).

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**Atomic Kitten:**

Tag after wall 3 and 5, 16 counts:

Left cross rock, right shuffle turn 1/2 right, left cross rock, Left cross shuffle, rock, recover, sailor 1/2 right, cross rock, left shuffle.

1-2                      Cross right foot over left, recover on left  
3&4                      Shuffle step forward making 1/2 turn right, stepping – Right, Left, Right.  
5-6                      Rock left to left, recover  
7&8                      Cross left over right, step right to right side, Cross left over right.  
  
9-10                      Rock right to right, recover on left  
11&12                      Cross right behind left. Step left to left side turning 1/2 right. Step right to place  
13-14                      Cross left over right, recover  
15&16                      Step left to left, step right beside left, step left to left.

Tag after wall 6, Sway or hip bumps (4 counts) (listen to music).

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