

# The Tide is High

拍數: 32      牆數: 4      級數: Improver  
編舞者: Serly (INA) - September 2021  
音樂: The Tide Is High - Atomic Kitten



## Intro 16C

### S. 1 - Side, Vine, Coaster Step 1/4 turn L

1,2      Step RF to side, Recover on LF  
3&4      Cross RF behind LF, Step LF to L, Cross RF over LF  
5,6      Step LF to side, 1/4 turn L Recover on RF  
7&8      Step LF back, Close RF next to LF, step LF forward

### S. 2 - Rock Forward, Back Shuffle, Rock Back, Forward Shuffle

1,2      Rock RF forward, Recover onto LF  
3&4      Step RF back, Close LF next to RF, Step RF back  
5,6      Rock LF back, Recover onto RF  
7&8      Step LF forward, Close RF next to LF, Step LF forward

**\*Tag here => Out-Out, In-In (4C)**

**\*1,2 Step RF to R diagonal forward, Step LF to L diagonal forward**

**\*3 4 Step RF back to center, Step LF beside RF**

### S. 3 - 1/4 Pivot Turn L, Cross Shuffle, 1/4 Monterey Turn L with Flick

1,2      Step RF forward, Turn 1/4 L step LF in place  
3&4      Cross RF over LF, Step LF to L, cross RF over LF  
5,6      Point LF to side, 1/4 Turn L close LF to RF  
7,8      Point RF to side, RF Flick back

### S. 4 - Weave Point, Jazz Box

1,2      RF cross over LF, LF step L side  
3,4      Step RF behind LF, LF point L side & turn body slightly to R  
5,6      Cross LF over RF, Step back RF  
7,8      Step LF to side, Step RF next to LF

Restart on Wall 4 & 7 after 16C

Tag after wall 8- 4C

Enjoy & Happy Dancing...

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