

# The Tide is High

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver R&B  
編舞者: Christina Yang (KOR) & Myungsik An (KOR) - May 2022  
音樂: The Tide Is High - Atomic Kitten



Start the dance after 16 counts

## SECTION 1: 4 TIMES OF FORWARD WALKS, 1/2 TURN TO L WITH SHUFFLE TURN, COASTER

1-4            Step RF forward, step LF forward, step RF forward, step LF forward  
5&6           1/8 turn to L stepping RF forward, cross LF over RF while turning 1/8 to L, 1/4 turn to L  
                stepping RF backward  
7&8            Step LF backward, closed RF to LF, step LF forward

## SECTION 2: TRAVELING KICK STEP SIDE X 2, 1/4 TURN TO R WITH JAZZ BOX, CROSS SHUFFLE

1&2            Kick RF forward, step RF slightly forward, touch LF to L side  
3&4            Kick LF forward, step LF slightly forward, touch RF to R side  
(NOTE: While doing count 1-4, you should do steps by going forward)  
5&6            Cross RF over LF, 1/4 turn to R stepping LF backward, step RF side  
7&8            Cross LF over RF, step RF to slightly side, cross LF over RF (weight on LF)

## SECTION 3: 1/4 TURN TO R WITH ROCKING CHAIR, DIAGONAL FORWARD, TOUCH, BACK, CROSS BEHIND, SIDE, CROSS

1-4            1/4 turn to R rocking RF forward, recover on LF, rock RF backward, recover on LF  
5&6            Step RF to diagonal R forward, touch LF beside RF, step LF backward  
7&8            Cross RF behind LF, step LF side, cross RF over LF

## SECTION 4: SIDE ROCK, RECOVER, 1/4 TURN TO L WITH COASTER, (TOE TOUCH AND HIP BUMP WITH HAND STYLING, REPLACE) X 2

1-2            Rock LF to L side, recover on RF  
3&4            1/4 turn to L stepping LF backward, closed RF to LF, step LF forward  
5-8            Touch RF toe forward as R hip bump, replace RF, touch LF toe touch forward as L hip bump,  
                replace LF

(HAND STYLING: When you heard the lyrics 'No', you will finger-wag with opposite hand. When you hear the lyrics 'Number one', you will push index finger forward with opposite hand)

RESTART: On the 4th, 7th wall, you will dance to 16 counts and start again

TAG: After the 8th wall, you will dance to 4 counts of tag

1-2            RF forward, together  
3-4            RF backward, together

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