

# Number 1

拍數: 32      牆數: 2      級數: Improver  
編舞者: Wesley Cowie (UK)  
音樂: The Tide Is High (Radio Mix) - Atomic Kitten



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## HIP SWAYS, CHASSE RIGHT, HIP SWAYS, CHASSE LEFT

1-2      Sway hips right, sway hips left  
3&4      Step right to right side, close left beside right, step right to right side  
5-6      Sway hips left, sway hips right  
7&8      Step left to left side, close right beside left, step left to left side

## SYNCOPATED WEAVE LEFT, ROCK, TURN ¼ RIGHT, LOCK STEP FORWARD, ROCK FORWARD

1&      Cross right foot over left, step left to left side  
2&      Cross right foot behind left, step left to left side  
3&      Rock right foot in front of left, rock back onto left turning ¼ right  
4      Step forward right  
5&6      Step forward left, lock right behind left, step forward left  
7-8      Rock forward on right foot, rock back onto left foot

## SHUFFLE BACK TURNING ¼, CROSSING CHASSE, ½ TURN, CHASSE RIGHT

1&2      Step back on right, close left beside right, step back right making ¼ turn right  
3&4      Cross left over right, step right to right side, cross left over right  
-5      Step right to right side making ¼ turn left  
6      Step left to left side making ¼ left  
7&8      Step right to right side, close left beside right, step right to right side

## ROCK BACK, TOE FORWARD, TOE BACK, STEP, TURN ½, STEP, WALK, WALK

1-2      Rock back on left behind right, recover weight onto right foot  
3-4      Point left toe forward, point left toe back  
5&      Step forward onto left, on ball of left make ½ turn right closing right beside left  
6      Step back onto left foot  
7-8      Walk forward right, walk forward left

**REPEAT**

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