

The Tide Is High

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Wesley Cowie (UK)
音樂: The Tide Is High (Groove Brother 7-Inch Edit) - Atomic Kitten



Start on second 31

POINT, TURN ½, FORWARD SHUFFLE, MONTEREY FULL TURN

1-2 Touch right to right side, on ball of left make ½ turn right, stepping right beside left
3&4 Step forward on left, close right beside left, step forward on left
5-6 Touch right to right side, on ball of left make a full turn right, stepping right beside left
7-8 Touch left to left side, step left beside right

RIGHT CHASSE, ROCK, STEP, CROSSING CHASSE, STEP TURNING ¼, STEP TURNING ¼

1&2 Step right to right side, close left beside right, step right to right side
3& Rock left foot across right foot, recover weight onto right foot
4 Step left foot to left side
5&6 Cross right foot over left, step left to left side, cross right foot over left
7 Step left foot to left side making ¼ turn right
8 On ball of left foot make ¼ right, stepping right to right side

CROSSING CHASSE 1/8 TURN, ROCKING CHAIR, SHIMMY FORWARD

1& Cross left foot over right, step right to right side
2 Cross left foot over right making 1/8 turn right
3-4 Rock forward on right foot, rock back onto left foot
5-6 Rock back on right foot, recover weight onto left foot
& Close right foot beside left foot
7-8 Lean forward & shimmy

In counts 3-4 swing arms forward, in counts 5-6 swing arms backwards

SHIMMY BACKWARDS, STEP PIVOT 5/8, BOOGIE WALKS FORWARD, STEP, STEP

1-2 Lean back & shimmy
3-4 Step forward on right foot, pivot 5/8 left
5 Step forward on right, swiveling right on balls of feet
6 Step forward on left, swiveling left on balls of feet
7-8 Step forward on right, step left beside right

In count 5 swing arms right, in count 6 swing arms left

REPEAT