

The Tide Is High

拍數: 32 牆數: 4 級數: Improver
編舞者: Double D (UK)
音樂: The Tide Is High - Atomic Kitten



ROCK FORWARD RECOVER, TRIPLE ½ TURN RIGHT, STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT WHILE ROLLING SHOULDERS

- 1-2 Rock forward on right recover weight to left foot
- 3&4 Triple ½ turn over right shoulder stepping right, left, right
- 5-6 Step forward on left, step right next to left (arms: bending both arms to a ¼ turn angle and with clenched fists, roll left shoulder backwards, roll right shoulder backwards)
- 7-8 Step back on left foot, step right next to left (arms: repeat arm movements for steps 5, 6)

CROSS, STEP, CHASSE ¼ TURN, ¼ TURN STEP TOUCH, SLIDE TOUCH WHILE POINTING TO THE CEILING

- 1-2 Cross step left over right, step right to right side
- 3&4 Step left to left side, step right next to left, step left ¼ turn to left
- 5-6 Step forward on right making a ¼ turn to left, touch left next to right
- 7-8 Long step to left, slide right up to left touching right toes next to left

Arms: pointing right index finger to the ceiling, move hand across from torso out to right side making a semi circular movement (to the left)

ROCK BACK RECOVER, RIGHT FORWARD SHUFFLE, ROCK FORWARD RECOVER, STEP ¼ TURN, TOUCH TOE TO RIGHT

- 1-2 Rock back on right recover weight to left
- 3&4 Shuffle forward stepping right, left, right
- 5-6 Rock forward on left recover weight to right
- 7-8 Making ¼ turn to left step left to left side, point right toe to right side

CROSS, ¼, ¼, TOUCH, LEFT CHASSE, ROCK BACK RECOVER

- 1-2 Cross step right over left, step left to left side making a ¼ turn to the right
- 3-4 Making a ¼ turn to right step forward on right, touch left next to right
- 5&6 Step left to left side, step right next to left, step left to left side
- 7-8 Rock back on right recover weight to left

REPEAT

TAG

After 7th wall

- 1-2 Rock forward on right, recover weight to left
- 3-4 Rock back on right, recover weight to left