

# The Tide Is High

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Jenna Nelson  
音樂: The Tide Is High - Atomic Kitten



## STEP FORWARD, BACK TWICE

1-2      Step forward right, step forward left  
3-4      Step back right, step back left  
5-8      Repeat steps 1-4

## SLIDE TWICE, MONTEREY TURN, OUT, STEP

9-10      Step forward right, slide left beside right  
11-12      Step forward left, slide right beside left  
13-14      Touch right toe to right, make ½ turn right stepping right beside left  
15-16      Point left to left. Step left beside right

## TRAVELING APPLEJACKS, KICK STEP TOUCH TWICE

17      Fan heels out  
18      Swivel heels in  
19&20      Swivel heels out, in, out as you travel left  
21&22      Kick right forward, step right beside left, touch left behind right  
23&24      Kick left forward, step left beside right, touch right behind left

## SKATE TWICE, SIDE SHUFFLE, CROSS ROCK, SHUFFLE ¼ TURN LEFT

25-26      Skate right diagonally forward right, skate left diagonally forward left  
27&28      Side shuffle right (right, left, right)  
29-30      Cross rock left over right, replace weight on right  
31&32      Shuffle ¼ turn left (left, right, left)

## REPEAT

### TAG 1

#### After 3rd & 5th wall

1-4      Step right diagonally forward right, lean weight forward, back  
5-6      Point right to right side, touch right beside left  
7-8      Point right to right side, step right beside left  
9-16      Repeat steps 1-8 of tag on the left

### TAG 2

#### Danced after 6th wall only

1-2      Cross right over left, step back left  
3-4      Step right to right side, step left beside right