

The Tide Is Right

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Sandra Johns (UK)
音樂: The Tide Is High - Atomic Kitten



ROCK STEPS, TRIPLE FULL TURN RIGHT, ROCK STEP, SAILOR CROSS

1-2 Rock right to right side, rock onto left in place
3&4 Triple full turn right, stepping right - left - right
5-6 Rock left to left side, rock onto right in place
7&8 Step left behind right, step right to right side, cross left over right

RIGHT HEEL BALL CROSS TWICE, GRIND ¼ RIGHT, COASTER STEP

1-2 Touch right heel for ward, step slightly back on right, cross left over right
3-4 Repeat steps 1-2
5&6 Grind right heel forward making ¼ turn right, step back onto left
7&8 Step right back, step left beside right, step forward right

CROSS STEP, CROSS, STEP, CROSS, ½ TURN LEFT

1-2 Cross left over right, step right diagonally back right
3&4 Cross left over right, step right diagonally back right, cross left over right
5-6 Step right back, making ½ turn left, step left forward
7&8 Step right forward, lock left behind right, step forward on right

ROCK FORWARD, TRIPLE ½ TURN LEFT TWICE, COASTER CROSS

1-2 Rock forward on left, rock back onto right
3&4 Triple ½ turn left, stepping left, right, left
5&6 Triple ½ turn left, stepping right, left, right
7&8 Step left back, step right beside left, step left forward

REPEAT

TAG

The next 16 counts are danced at end of wall 3 & 5, when Atomic Kitten sings "number one, number one"

TURNING HIP BUMPS

1&2 Step right forward bumping hips right, left, right
3&4 Make ½ turn left, bumping hips, left, right, left
5&6 Step right forward bumping hips, right, left, right
7&8 Make ½ turn left, bumping hips, left, right, left

CROSS ROCK, TRIPLE ½ TURN TWICE

1-2 Cross right over left, rock onto right in place
3&4 Triple ½ turn right, stepping right, left, right
5-6 Cross rock left over right, rock onto right in place
7&8 Triple ½ turn left, stepping left, right, left