

# Tide Up

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Gaye Teather (UK)  
音樂: The Tide Is High - Atomic Kitten



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## STROLL FORWARD, MAMBO STEP. STROLL BACK, MAMBO STEP

1-2            Walk forward right, walk forward left  
3&4           Rock forward on right, recover onto left, step right beside left  
5-6           Walk back left, walk back right  
7&8           Rock back on left, recover onto right, step left beside right

## STEP 1 / 4 TURN LEFT, POINT ACROSS AND SIDE, CROSS SHUFFLE, LEFT CHASSE

9-10           Step forward on right, pivot 1 / 4 turn left (weight ends on left foot)  
11-12          Point right toe across left foot, point right toe to right side  
13&14          Cross step right over left, step left to left, cross step right over left  
15&16          Step left to left side, step right beside left, step left to left side

## BACK ROCK, CHASSE RIGHT, FORWARD ROCK, SHUFFLE 1 / 2 TURN LEFT

17-18          Rock right foot behind left, recover onto left  
19&20          Step right foot to right side, step left beside right, step right to right  
21-22          Rock forward on left, recover onto right  
23-24          Shuffle 1 / 2 turn left stepping left, right, left

## SIDE ROCK, BEHIND-SIDE-CROSS TWICE

25-26          Rock right to right side, recover onto left  
27&28          Step right behind left, step left to left, step right over left  
29-30          Rock left to left side, recover onto right  
31&32          Step left behind right, step right to right, step left over right

**REPEAT**

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