

# The Tide

拍數: 64      牆數: 4      級數: Improver  
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音樂: The Tide Is High - Atomic Kitten



## OUT, OUT, IN, IN.(X 4 TIMES)

1-2-3-4      Step diagonally forward on right foot, step diagonally forward on left foot, step diagonally back on right foot in place, step diagonally back on left foot in place  
5-16      Repeat 1-4 three more times

## ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-2      Rock right forward, and recover to left foot  
3&4      Make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward  
5-6      Step left foot forward, step right foot forward  
7&8      Step left foot forward, step right next to left, step left forward

## ROCK, ½ TURN SHUFFLE, WALK, WALK, SHUFFLE

1-4      Rock right forward, and recover to left foot, make a ½ turn right stepping right foot forward, step left foot next to right, step right foot forward  
5-8      Step left foot forward, step right foot forward, step left foot forward, step right next to left, step left forward

## ½ PIVOT TURN, ½ PIVOT TURN, ½ PIVOT TURN, VAUDEVILLES WITH CROSS

1-2-3-4      Step right foot forward, make ½ turn to left, step right foot forward, make ½ turn to left  
1-2&3&4      Step right to right, cross left behind right, step right to right, touch left heel diagonally to left, cross right over left foot

## UNWIND, SHUFFLE, VAUDEVILLES WITH CROSS

1-2      Unwind to left  
3&4      Step left to left, step right next to left, step left to left  
1-2&3&4      Step right across left, step left to left, step right behind left, step left across right

## UNWIND, SHUFFLE, ROCK, SHUFFLE

1-2      Unwind to right  
3&4      Step right to right, step left to left, step right to right  
5-6      Rock left diagonally over right, and recover to right  
7&8      Step left to left, step right next to left, step left to left

## ¾ PIVOT TURN, SHUFFLE, FULL TURN, SHUFFLE

1-2      Turn ¼ turn to left and step forward, turn ½ to left.  
3&4      Step right forward, step left next to right, step right forward  
5-6      Step left forward and turn ½ turn, turn ½ turn over right and step right forward  
7&8      Step left forward, step right next to left, step left forward

## REPEAT

## RESTART

Restarts occur after counts 16 and 24.