

High Tide

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Craig Cooke (UK)
音樂: The Tide Is High - Atomic Kitten



ROCK & CROSS SHUFFLE TWICE

1-2 Rock right out to right side and recover on left
3&4 Cross shuffle right over left
5-6 Rock left out to left side and recover onto right
7&8 Cross shuffle left over right

ROCK AND SHUFFLE TWICE

1-2 Rock forward on right recover on left
3&4 Step back on right, step left next to right, step back on right
5-6 Rock back on left recover on right
7&8 Step forward on left, step right next to left, step forward on left

FULL MONETARY TURN, ROCK & CROSS, KICK BALL CHANGE, ½ PIVOT TURN

1-2 Point right to right side and turn full turn stepping right next to left
3&4 Rock left to left side, step left in place next to right
5&6 Kick right foot forward, step right next to left, step left next to right
7-8 Step forward on right foot pivot ½ turn to left

KICK BALL CROSS, STEP SLIDE TWICE

1&2 Kick right foot forward, step right next to left & cross left in front of right
3-4 Step right to right, slide left next to right
5&6 Kick left foot forward, step left next to right & cross right over left
7-8 Step left to left side, slide right next to left

REPEAT
