

# High Tide

拍數: 32      牆數: 4      級數: Intermediate/Advanced  
編舞者: Pauline Mason (UK)  
音樂: The Tide Is High - Atomic Kitten



## APPLEJACKS, ½ PIVOT TO LEFT, 2 HIP HOPS

1&2&3&4&      Applejacks (or replace with 4 swivels right, left, right, left)  
5                  Step forward right foot  
6                  ½ pivot to left  
7&                Step right foot diagonally to right, hop & hitch left foot behind right foot  
8&                Step left foot diagonally to left, hop & hitch right foot behind left foot

## ROLL FULL TURN TO RIGHT WITH CHASSE ENDING & MASHED POTATO

9                  Step right foot to right turning ¼ turn to right  
10                Step left foot back turning ½ turn to right  
11&12            Chasse right, left, right turning ¼ turn to right  
13                Touch left foot forward  
&14              Split heels apart, bring heels in taking left foot behind right  
&15              Split heels apart, bring heels in taking right foot behind left  
&16              Split heels apart, bring heels in touching left foot behind right

## LEFT LOCK STEP, KICK BALL STEP, ½ PIVOT TO LEFT, BODY ROLL

17                Step left foot forward  
&                Cross right foot behind left foot  
18                Step left foot forward  
19&20            Kick right foot forward, step ball of foot right, step forward left foot  
21                Step forward right foot  
22                ½ pivot turn to left (weight on left)  
23                Touch right foot forward without weight  
24                Body roll

## 2 SIDE TOUCHES WITH CLICKS, TURN ¼ TURN LEFT, FLICK, CHASSE TO LEFT

25                Step right foot to side, dipping knees  
26                Point left foot out to left side (click fingers)  
27-28            Repeat 24 - 25 stepping left to side  
29                Step forward right foot, turning ¼ turn to left  
30                Flick left foot behind right foot  
31&32            Chasse to left

## REPEAT

## TAG

After wall 6

1                  Step to right side with right foot  
2                  Tap left foot beside right  
3                  Step left side with left foot  
4                  Tap right foot beside left foot

For an easy beginner version dance to the same music, try Low Tide!

## RESTART

On wall 4, dance only the first 16 counts, then restart.

