

# The Tide is High

Count: 32

Wall: 4

Level: Newcomer / Beginner

Choreographer: Yvonne Sevre (NOR) - December 2019

Music: The Tide Is High - Blondie : (Remastered)



**Intro: 40 counts - Tags: (after wall 3, 5 and 8)**

**Section 1(1-8): Side together, chasse right, forward rock, chasse left**

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

**Section 2(9-16): Rock forward right, coaster, rock forward left, sailor ¼ turn left**

- 1 - 2 Rock forward with RF - recover on LF
- 3 & 4 Step RF back - step LF next to RF - step RF forward
- 5 - 6 Rock forward with LF - recover on RF
- 7 & 8 Cross LF behind RF - turn ¼ left when step RF to right - step LF to left

**Section 3(17-24): Vine right, vine left**

- 1 - 4 Step RF right - cross LF behind RF - step RF right - touch LF next to RF
- 5 - 8 Step LF left - cross RF behind LF - step LF left - touch RF next to LF

**Optional;**

**Turn ¼ left when stepping forward on LF (5) - keep turning ½ left while step back on RF (6) - turn ¼ left while step LF to left (7) - touch RF next to LF(8)**

**Section 4(25-32): Right K-step**

- 1 - 2 Step RF forward diagonally to right - touch LF next to RF
- 3 - 4 Step LF backwards diagonally to left - touch RF next to LF
- 5 - 8 Step RF backwards diagonally to right - step LF next to RF
- 7 - 8 Step LF forward diagonally left - touch RF next to LF

**Tag 1(After wall 3, 5 and 8)**

- 1 - 2 Step out to right with RF and sway to right - Sway to left
- 3 - 4 Sway to right - Sway to left and drag RF next to LF

**Tag 2(before tag 1 in wall 8)**

- 1 - 2 Step out to right with RF and sway to right - hold
- 3 - 4 Sway to left - hold
- 5 - 8 Sway to right - Sway to left - Sway to right - Sway to left

**NOTE! After wall 8 it will be tag 2, so tag 1, and then start from the top**

**Smile, enjoy and take care everybody**

**And I want to thanks my husband Tomas for the music ☐**

**Contact: yvonne.sevre@gmail.com**

**Last Update - 28 August 2021-R2a**