

Atomic

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: Easy Improver

Choreographer: Vincentius Saptono (INA) & Herlina Aritonang (INA) - July 2025

Music: The Tide Is High - Atomic Kitten



Intro 16 Count

Restart : On wall 4 & 8 After 16C

Tag : After Wall 8

(1-8) WALK - SWAY, BACKWARD - TOUCH R - L

1,2,3,4 Walk Fwd on R - L Sway R - L

5,6,7,8 Step RF back, Touch LF Fwd Step LF back, Touch RF Fwd

(9-16) GRAPEVINE With Kick DIAGONAL R - L

1,2,3,4 Step RF to R, Cross LF behind RF Step RF to R, Kick LF Fwd diag

5,6,7,8 Step LF to L, Cross RF behind LF Step LF to L, Kick RF Fwd diag

(17-24) DIAGONAL BACK - TOUCH, HOLD, TURN 1/4 L ,SIDE -TOUCH, ROCKING CHAIR

&1,2 Step RF back diag, Touch LF next to RF , HOLD

&3,4 1/4 L Stepping LF to L (9.00) Touch RF next to LF, HOLD

5,6,7,8 Rock RF Fwd, Recover onto LF, Rock RF back, Recover onto RF

(25-32) PIVOT 1/2 L (2X), OUT OUT - IN IN

1,2,3,4 Step RF Fwd, Turn 1/2 L weight On LF, Step RF Fwd, Turn 1/2 L weight On LF

5,6,7,8 Step RF Fwd diag R, Step LF Fwd diag L, Step RF back to centre, Close LF next to RF

Tag (4 Count) SIDE - MAMBO R - L

1 & 2 Rock RF to R, Recover onto LF, Close RF next to LF

3 & 4 Rock LF to L, Recover onto RF, Step RF Fwd diag R, Step LF Fwd
