

Number 1

Count: 32

Wall: 2

Level: Improver

Choreographer: Wesley Cowie (UK)

Music: The Tide Is High (Radio Mix) - Atomic Kitten



HIP SWAYS, CHASSE RIGHT, HIP SWAYS, CHASSE LEFT

- 1-2 Sway hips right, sway hips left
- 3&4 Step right to right side, close left beside right, step right to right side
- 5-6 Sway hips left, sway hips right
- 7&8 Step left to left side, close right beside left, step left to left side

SYNCOPATED WEAVE LEFT, ROCK, TURN ¼ RIGHT, LOCK STEP FORWARD, ROCK FORWARD

- 1& Cross right foot over left, step left to left side
- 2& Cross right foot behind left, step left to left side
- 3& Rock right foot in front of left, rock back onto left turning ¼ right
- 4 Step forward right
- 5&6 Step forward left, lock right behind left, step forward left
- 7-8 Rock forward on right foot, rock back onto left foot

SHUFFLE BACK TURNING ¼, CROSSING CHASSE, ½ TURN, CHASSE RIGHT

- 1&2 Step back on right, close left beside right, step back right making ¼ turn right
- 3&4 Cross left over right, step right to right side, cross left over right
- 5 Step right to right side making ¼ turn left
- 6 Step left to left side making ¼ left
- 7&8 Step right to right side, close left beside right, step right to right side

ROCK BACK, TOE FORWARD, TOE BACK, STEP, TURN ½, STEP, WALK, WALK

- 1-2 Rock back on left behind right, recover weight onto right foot
- 3-4 Point left toe forward, point left toe back
- 5& Step forward onto left, on ball of left make ½ turn right closing right beside left
- 6 Step back onto left foot
- 7-8 Walk forward right, walk forward left

REPEAT
