

High Tide

Count: 32

Wall: 4

Level: Improver

Choreographer: Tim Gauci (AUS)

Music: The Tide Is High - Atomic Kitten



Start dance 32 beats after first vocals

- | | |
|---------|---|
| 1-2-3&4 | Step left to left, slide right to left, shuffle left side (left, right, left)- use hips |
| 5-6-7&8 | Step right behind left, rock weight forward on left, step right back turning ¼ to left, step left to left turning ¼ to left (&), step right over left |
| | |
| 1-2-3&4 | Step left to left, slide right to left, shuffle left side (left, right, left)- use hips |
| 5-6-7&8 | Step right behind left, rock weight forward on left, step right back turning ¼ to left, step left forward turning ½ to left (&), step right forward |
| | |
| 1-2-3&4 | Step left forward (pushing left hip forward), slide right to left (pushing right hip back), shuffle forward left, right, left |
| 5-6-7-8 | Step right forward, pivot ¼ to left, step right forward, pivot ¼ to left- use hip on ¼ turns |
| | |
| 1-2-3&4 | Step right forward (pushing right hip forward), slide left to right (pushing left hip back), shuffle forward right, left, right |
| 5-6&7&8 | Step left forward, rock weight on right, step left together (&), shuffle right over left (right, left, right) |

REPEAT

TAG 1

At the end of walls 2 (back wall) & 4 (front wall), add these 16 extra beats and continue dance from the beginning

- | | |
|---------|---|
| 1-2-3&4 | Step left to left, slide right to left, shuffle left side turning ¼ to left |
| 5-6-7&8 | Step right forward, pivot ¼ to left, shuffle right over left (right, left, right) |
| 1-2-3&4 | Step left to left, slide right to left, shuffle left side turning ¼ to left |
| 5-6-7&8 | Step right forward, pivot ¼ to left, shuffle right over left (right, left, right) |

TAG 2

At the end of the 4th wall (facing 3:00)- step left to left and sway hips left, right, left, right then start dance from the beginning
