

High Tide

Count: 32

Wall: 4

Level: Intermediate/Advanced

Choreographer: Pauline Mason (UK)

Music: 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.

