

# Chase The Tide

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Hayley Wheatley (UK) & Nathan Gardiner (SCO) - October 2023  
音乐: I Feel It In The Wind - Smith & Thell



Intro: 16 counts

## Rock Forward, Recover, Coaster Step, Rock Forward, Recover, Shuffle $\frac{3}{4}$ L

1-2      Rock forward on R, Recover on L  
3&4      Step back on R, Step L next to R, Step forward on R  
5-6      Rock forward on L, Recover on R  
7&8      Shuffle  $\frac{3}{4}$  L stepping L, R, L (3:00)

## Kick Ball Cross, Kick Ball Cross, Chasse R, Rock Back, Recover

1&2      Kick R to R diagonal, Step R next to L, Cross L over R  
3&4      Kick R to R diagonal, Step R next to L, Cross L over R  
5&6      Step R to R side, Step L next to R, Step R to R side  
7-8      Rock back on L, Recover on R

## Dorothy Steps L & R, Rock Forward, Recover, $\frac{1}{2}$ L, $\frac{1}{2}$ L

1-2&      Step L to L diagonal, Lock R behind L, Step forward on L  
3-4&      Step R to R diagonal, Lock L behind R, Step forward on R  
5-6      Rock forward on L, Recover on R  
7-8       $\frac{1}{2}$  L stepping forward on L,  $\frac{1}{2}$  L stepping back on R (3:00)

## $\frac{1}{4}$ L into Chasse L, Behind, Side L, Scuff, Cross, Step Back, Side R Step

1&2       $\frac{1}{4}$  L stepping L to L side, Step R next to L, Step L to L side (12:00)  
3-4      Step R behind L, Step L to L side  
5-6      Scuff R forward, Cross R over L  
7-8      Step back on L, Step R to R side

## Step Pivot $\frac{1}{2}$ R, Step $\frac{1}{4}$ R, Touch, Side R, Touch, Kick Ball Cross

1-2      Step forward on L, Pivot  $\frac{1}{2}$  R (6:00)  
3-4       $\frac{1}{4}$  R stepping L to L side, Touch R next to L (9:00)  
5-6      Step R to R side, Touch L next to R  
7&8      Kick L to L diagonal, Step L next to R, Cross R over L

## Kick Ball Cross, Side Rock, Recover, Behind, $\frac{1}{4}$ R, Step Pivot $\frac{1}{2}$ R with knee pop

1&2      Kick L to L diagonal, Step L next to R, Cross R over L  
3-4      Rock out to L side, Recover on R  
5-6      Step L behind R,  $\frac{1}{4}$  R stepping forward on R (12:00)  
7-8      Step forward on L, Pivot  $\frac{1}{2}$  R (keeping weight on L popping R knee forward) (6:00)

## Ball Step, Hold, Ball Step, Hold, Ball Step, Rock Forward, Recover, Step Back

&1-2      Step R next to L, Step forward on L, Hold  
&3-4      Step R next to L, Step forward on L, Hold  
&5      Step R next to L, Step forward on L  
6-7      Rock forward on R, Recover on L  
8&      Step back on R sweeping L from front to back

## Behind, $\frac{1}{4}$ R, Step Pivot $\frac{3}{4}$ R, Chasse L, Rock Back, Recover

1-2      Step L behind R,  $\frac{1}{4}$  R stepping forward on R (9:00)

- 3-4 Step forward on L, Pivot  $\frac{3}{4}$  R (6:00)
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Rock back on R, Recover on L

**Tag 1: End of wall 1 (Facing 6:00)**

**Step Forward, Sweep, Cross, Side R, Behind, Sweep, Behind, Side L**

- 1-2 Step forward on R, Sweep L from back to front
- 3-4 Cross L over R, Step R to R side
- 5-6 Step L behind R, Sweep R from front to back
- 7-8 Step R behind L, Step L to L side

**Step Forward, Rock Forward, Recover,  $\frac{1}{2}$  L, Step Pivot  $\frac{1}{2}$  L, Walk Forward R, L**

- 1 Step forward on R
- 2-3 Rock forward on L, Recover on R
- 4  $\frac{1}{2}$  turn L stepping forward on L
- 5-6 Step forward on R, Pivot  $\frac{1}{2}$  L
- 7-8 Step forward on R, Step forward on L

**Tag 2: During wall 3, performed after 32 counts (Facing 12:00), Afterwards restart the dance again.**

**Step Forward, Sweep, Cross, Side L, Behind, Sweep, Behind, Side R**

- 1-2 Step forward on L, Sweep R from back to front
- 3-4 Cross R over L, Step L to L side
- 5-6 Step R behind L, Sweep L from front to back
- 7-8 Step L behind R, Step R to R side

**Step Forward, Rock Forward, Recover,  $\frac{1}{2}$  R, Step Pivot  $\frac{1}{2}$  R, L Lock Step**

- 1 Step forward on L
- 2-3 Rock forward on R, Recover on L
- 4  $\frac{1}{2}$  R stepping forward on R
- 5-6 Step forward on R, Pivot  $\frac{1}{2}$  R
- 7&8 Step forward on L, Lock R behind L, Step forward on L

**Restart: On wall 6 after 28 counts (facing 12:00). Modify counts 29-32 to:**

- 29-30 Cross Rock RF over L, Recover onto L
  - 31-32 Side Rock RF to R side, Recover onto L, then restart the dance
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