

# No. 1

拍数: 32      墙数: 4      级数: Improver  
编舞者: EmCee (UK)  
音乐: The Tide Is High - Atomic Kitten



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## **CROSS, STEP, TURN RIGHT HEEL JACK, STEP, STEP, TURN STEP, TURN LEFT HEEL JACK, HOLD**

- 1-2      Step right in front of left, recover weight onto left
- 3      ¼ turn right dig right heel forward leaning back
- 4-5      Step onto right, step left forward
- 6-7      ¼ turn left step on right, ¼ turn left dig left heel forward leaning back
- 8&      Bob down, transfer weight to left as you come up

## **STEP, STEP, TURN RIGHT HEEL JACK, TURN, STEP, KICK, KICK, STEP, HEEL FLICK**

- 1-2      Step right forward, step left forward
- 3-4      ¼ turn right dig right heel forward, ¼ turn left step onto right
- 5-6      Kick left forward twice
- 7-8      Step onto left, flick right behind left reaching down with left hand to touch right heel

## **WEAVE, TURN STEP, TURN STEP, BEHIND**

- 1-2      Step right to right side, cross left behind right
- 3-4      Step right to right side, cross left in front of right
- 5-6      Step right to right side, ½ turn left step onto left
- 7-8      Step right in place, cross left behind right

## **FULL ROLLING TURN, BELLY ROLL**

- 1-2      ¼ turn right step onto right, ¼ turn right step left to side
- 3-4      ¼ turn right step back onto right, ¼ turn right step left across right
- 5-6      Step right to right rotate hips forward anti to the right transferring weight to left
- 7      Rotate hips back and to right transferring weight to right
- 8      Rotate hips forward to left, transferring weight to left

## **REPEAT**

## **TAGS**

After 3rd & 5th repetition, repeat belly roll to the right over 4 counts  
During 9th repetition after count 8, then repeat first 16 counts only to end

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