

# The Tide Is High

**COPPER** KNOB  
STEPSHEETS

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



## ROCK FORWARD RECOVER, TRIPLE ½ TURN RIGHT, STEP FORWARD LEFT RIGHT, STEP BACK LEFT RIGHT WHILE ROLLING SHOULDERS

- 1-2      Rock forward on right recover weight to left foot
- 3&4      Triple ½ turn over right shoulder stepping right, left, right
- 5-6      Step forward on left, step right next to left (arms: bending both arms to a ¼ turn angle and with clenched fists, roll left shoulder backwards, roll right shoulder backwards)
- 7-8      Step back on left foot, step right next to left (arms: repeat arm movements for steps 5, 6)

## CROSS, STEP, CHASSE ¼ TURN, ¼ TURN STEP TOUCH, SLIDE TOUCH WHILE POINTING TO THE CEILING

- 1-2      Cross step left over right, step right to right side
- 3&4      Step left to left side, step right next to left, step left ¼ turn to left
- 5-6      Step forward on right making a ¼ turn to left, touch left next to right
- 7-8      Long step to left, slide right up to left touching right toes next to left

**Arms: pointing right index finger to the ceiling, move hand across from torso out to right side making a semi circular movement (to the left)**

## ROCK BACK RECOVER, RIGHT FORWARD SHUFFLE, ROCK FORWARD RECOVER, STEP ¼ TURN, TOUCH TOE TO RIGHT

- 1-2      Rock back on right recover weight to left
- 3&4      Shuffle forward stepping right, left, right
- 5-6      Rock forward on left recover weight to right
- 7-8      Making ¼ turn to left step left to left side, point right toe to right side

## CROSS, ¼, ¼, TOUCH, LEFT CHASSE, ROCK BACK RECOVER

- 1-2      Cross step right over left, step left to left side making a ¼ turn to the right
- 3-4      Making a ¼ turn to right step forward on right, touch left next to right
- 5&6      Step left to left side, step right next to left, step left to left side
- 7-8      Rock back on right recover weight to left

## REPEAT

### TAG

After 7th wall

- 1-2      Rock forward on right, recover weight to left
- 3-4      Rock back on right, recover weight to left