High Tide

拍数: 32   **墙数:** 2   **级数:** Improver

编舞者: Craig Cooke (UK)

音乐: The Tide Is High - Atomic Kitten

ROCK & CROSS SHUFFLE TWICE
1-2	Rock right out to right side and recover on left
3&4	Cross shuffle right over left
5-6	Rock left out to left side and recover onto right
7&8	Cross shuffle left over right

ROCK AND SHUFFLE TWICE
1-2	Rock forward on right recover on left
3&4	Step back on right, step left next to right, step back on right
5-6	Rock back on left recover on right
7&8	Step forward on left, step right next to left, step forward on left

FULL MONETARY TURN, ROCK & CROSS, KICK BALL CHANGE, ½ PIVOT TURN
1-2	Point right to right side and turn full turn stepping right next to left
3&4	Rock left to left side, step left in place next to right
5&6	Kick right foot forward, step right next to left, step left next to right
7-8	Step forward on right foot pivot ½ turn to left

KICK BALL CROSS, STEP SLIDE TWICE
1&2	Kick right foot forward, step right next to left & cross left in front of right
3-4	Step right to right, slide left next to right
5&6	Kick left foot forward, step left next to right & cross right over left
7-8	Step left to left side, slide right next to left

REPEAT