# High Tide



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
1-4	TYOCK HALL OUT TO HALL SIDE AND TECOVER OF TELL

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 le	eft
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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**