

High Tide

COPPER KNOB
STEPSHEETS

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Sharon McNaughton (UK)
音乐: The Tide Is High - Atomic Kitten



Sequence: AC ABC ABC Tag C ABC

PART A

OUT, OUT, IN, TOGETHER, OUT, OUT, IN, TOGETHER

- 1-2 Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 3-4 Step back with right foot to original position, close left foot next to right
- 5-6 Step forward to right diagonal with right foot, step forward to left diagonal with left foot
- 7-8 Step back with right foot to original position, close left foot next to right

STEP, TWIST TWIST, STEP TWIST TWIST, CROSS, BACK, BALL CROSS, BALL CROSS

- 9&10 Step forward on ball of right in line with left, twist both heels to right, twist both heels back to center
- 11&12 Step forward on ball of left foot in line with right, twist both heels to left, twist both heels back to center
- 13-14 Cross right foot over left, step back on left
- &15 Step to right on ball of right foot, cross left over right
- &16 Step to right on ball of right foot, cross left over right

SIDE ROCK, SAILOR ¼ TURN, SKATE, SKATE, STEP LOCK STEP

- 17-18 Rock to right side, recover weight onto left
- 19&20 Sailor step with ¼ turn to right
- 21-22 Skate forward on left, skate forward on right
- 23&24 Step forward on left, lock right foot behind left, step forward on left

FORWARD ROCK, BACK LOCK HOLD, BACK LOCK, SIDE BALL CROSS SIDE

- 25-26 Rock forward onto right foot, recover weight back onto left foot
- &27-28 Step back onto right foot, lock left foot over right, hold 1 count
- &29-30 Step back on right foot, lock left over right, step to the right side with right
- &31-32 Step to left on ball of left foot, cross right over left, step to left side with left foot

PART B

CROSS, SIDE, ¼ TURN, TOUCH, FLICK, STEP, SHUFFLE FORWARD

- 1-2 Cross right over left, step left foot to left
- 3-4 Step back on right making ¼ turn to right, touch left foot next to right
- 5-6 Flick left foot back (from the knee), step forward on left
- 7&8 Step right foot forward, close left next to right, step right foot forward

CROSS ROCK, STEP LEFT DRAG, BALL CHANGE, PIVOT ¼ TURN WITH HIP CIRCLE

- 9-10 Cross rock left over right, recover weight onto right
- 11 Big side step to left
- 12-13 Drag right foot to left over 2 counts
- &14 Step to right with ball of right foot, step left foot next to right
- 15-16 Step right foot forward, pivot ¼ turn to left while circling hips to the left (ending with weight on left foot)

PART C

BACK ROCK, CHASSIS RIGHT, CROSS STRUT, HEEL BOUNCES WITH ½ TURN

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| 1-2 | Rock back on right foot, recover weight onto left foot |
| 3&4 | Step right foot to right, close left next to right, step right foot to right |
| 5-6 | Cross touch left over right, drop heel |
| 7&8 | Bounce on both heels 3 times while making ½ turn to right |

COASTER STEP, FORWARD DIAGONAL ROCK, BEHIND SIDE CROSS, SIDE ROCK

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|-------|--|
| 9&10 | Step back on right foot, close left foot next to right, step forward on right |
| 11-12 | Rock forward on left to left diagonal, recover weight back onto right |
| 13&14 | Cross left foot behind right, step to right with right, cross left foot over right |
| 15-16 | Rock to right side, recover weight onto left foot |

CROSS STRUT, SIDE STRUT WITH SHOULDER SHIMMIES, ¾ TURN, PIVOT ½ TURN

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|-------|---|
| 17-18 | Cross touch right over left, drop right heel (while shimmying shoulders) |
| 19-20 | Touch left toe to left side, drop left heel (while shimmying shoulders) |
| 21-22 | Cross right foot over left, pivot ¾ turn to left ending with weight on left |
| 23-24 | Step forward on right, pivot ½ turn to left ending with weight on left |

FORWARD ROCK, SHUFFLE ½ TURN, PIVOT ½ TURN, SHUFFLE FORWARD

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|-------|--|
| 25-26 | Rock forward onto right, recover weight onto left |
| 27&28 | Shuffle ½ turn to right |
| 29-30 | Step forward on left, pivot ½ turn to right |
| 31&32 | Step left foot forward, close right next to left, step left foot forward |

TAG

FORWARD ROCK, ¼ ROCK

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|-----|---|
| 1-2 | Rock forward on right, recover weight onto left |
| 3-4 | Rock to right side making ¼ turn to right, recover weight onto left |
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