High Tide

拍数: 32　　　　**墙数:** 4　　　　**级数:** Improver
编舞者: Tim Gauci (AUS)
音乐: The Tide Is High - Atomic Kitten

Start dance 32 beats after first vocals

1-2-3&4	Step left to left, slide right to left, shuffle left side (left, right, left)- use hips
5-6-7&8	Step right behind left, rock weight forward on left, step right back turning ¼ to left, step left to left turning ¼ to left (&), step right over left
1-2-3&4	Step left to left, slide right to left, shuffle left side (left, right, left)- use hips
5-6-7&8	Step right behind left, rock weight forward on left, step right back turning ¼ to left, step left forward turning ½ to left (&), step right forward
1-2-3&4	Step left forward (pushing left hip forward), slide right to left (pushing right hip back), shuffle forward left, right, left
5-6-7-8	Step right forward, pivot ¼ to left, step right forward, pivot ¼ to left- use hip on ¼ turns
1-2-3&4	Step right forward (pushing right hip forward), slide left to right (pushing left hip back), shuffle forward right, left, right
5-6&7&8	Step left forward, rock weight on right, step left together (&), shuffle right over left (right, left, right)

REPEAT

TAG 1
At the end of walls 2 (back wall) & 4 (front wall), add these 16 extra beats and continue dance from the beginning

1-2-3&4	Step left to left, slide right to left, shuffle left side turning ¼ to left
5-6-7&8	Step right forward, pivot ¼ to left, shuffle right over left (right, left, right)
1-2-3&4	Step left to left, slide right to left, shuffle left side turning ¼ to left
5-6-7&8	Step right forward, pivot ¼ to left, shuffle right over left (right, left, right)

TAG 2
At the end of the 4th wall (facing 3:00)- step left to left and sway hips left, right, left, right then start dance from the beginning