

# High Tide

|                      |   |               |                |              |        |
|----------------------|---|---------------|----------------|--------------|--------|
| <b>Song</b>          | The Tide Is High  | <b>Artist</b> | Atomic Kitten  | <b>Album</b> | Single |
| <b>Choreographer</b> | Tim Gauci, BROKEN HILL NSW 0407 242 087 sld@ozemail.com.au    |               |                |              |        |
| <b>Description</b>   | Easy Intermediate 4 Wall Line Dance with Bonus Steps- yehaa!! | <b>Date</b>   | September 2002 |              |        |

## BEATS

## STEP DESCRIPTION

1,2,3&4

Step L to L, slide R to L, shuffle L side (L,R,L)- use hips

5,6,7&8

Step R behind L, rock weight fwd on L, step R back turning ¼ to L, step L to L turning ¼ to L (&), step R over L

1,2,3&4

Step L to L, slide R to L, shuffle L side (L,R,L)- use hips

5,6,7&8

Step R behind L, rock weight fwd on L, step R back turning ¼ to L, step L fwd turning ½ to L (&), step R fwd

1,2,3&4

Step L fwd (pushing L hip fwd), slide R to L (pushing R hip back), shuffle fwd L,R,L

5,6,7,8

Step R fwd, pivot ¼ to L, step R fwd, pivot ¼ to L- use hip on ¼ turns

1,2,3&4

Step R fwd (pushing R hip fwd), slide L to R (pushing L hip back), shuffle fwd R,L,R

5,6&7&8

Step L fwd, rock weight on R, step L tog (&), shuffle R over L (R,L,R)

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## REPEAT DANCE IN NEW DIRECTION

☺ Bonus steps at the end of **walls 2 (back wall) and 4 (front wall)**, add these 16 extra beats and continue dance from the beginning.

1,2,3&4

Step L to L, slide R to L, shuffle L side turning ¼ to L

5,6,7&8

Step R fwd, pivot ¼ to L, shuffle R over L (R,L,R)

1,2,3&4

Step L to L, slide R to L, shuffle L side turning ¼ to L

5,6,7&8

Step R fwd, pivot ¼ to L, shuffle R over L (R,L,R)

☺ At the end of the **4<sup>th</sup> Wall** (facing 3 o'clock)- step L to L and sway hip L,R,L,R then start dance from the beginning

Hope you enjoy this easy intermediate dance; this is a new (old) song from Atomic Kitten- The dance is fairly simple- the bonus steps help to make it more interesting- they're easy- give it a go. Any comments? Please email me- sld@ozemail.com.au.