

# HIGH TIDE

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**Count:** 32

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Craig Cooke

**Music:** The Tide Is High by 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