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High Tide

BEGINNER

48 Count 4 Walls
Choreographed by: Dorothy Wicks & Sandy Collins
Choreographed to: High Tide In Tulsa

by John Nelson and the Peace River Band

HIP SWAYS/TOE POINTS 1 - 4 Rotate hips right-left-right-left 5 Touch right toe to right side Bring right foot to home position 6 7 & 8 Rock back on right and forward on left (weight on left) **CHA-CHA/ 1/2 TURN RIGHT** 1 & 2 Cha-cha (right-left-right) 3 Step left forward Turn 1/2 turn to the right keeping feet close together (weight on right) 4 **HIP SWAYS/TOE POINTS** 1 - 4 Rotate hips left-right-left-right 5 Touch left toe to left side Bring left foot to home position 6 7 & 8 Rock forward on left and back on right (weight on right) CHA-CHA/ 1/4 TURN 1 & 2 Cha-cha (left-right-left) Step right forward 3 4 Turn 1/4 turn to the left (weight on left) **CROSS OVER WITH TRIPLE STEPS** Cross right foot over left, rock back on left 1 - 2 3 & 4 Triple step to right (right-left-right) 5 - 6 Cross left foot over right, rock back on right 7 & 8 Triple step to left (left-right-left) SIDE ROCK WITH 1/4 TURN/TRIPLE STEPS 1 - 2 Step on right foot make 1/4 turn to the left on ball of left foot (weight left) 3 & 4 Triple step (right-left-right) 5 - 6 Rock to side on left step on right (weight on right) 7 & 8 Triple step (left-right-left) POINT STEPS/1/4 TURN/TRIPLE STEPS 1 Point right toe to right side 2 Hitch right knee and turn 1/4 turn to the left on ball of left foot 3 & 4 Traveling triple step (right-left-right) 5 Point left toe to left side 6 Hitch left knee over right knee Traveling triple step (left-right-left) (weight on both feet) 7 & 8 **REPEAT**