

The Tide Is High

IMPROVER

32 Count 2 Walls

Choreographed by: Jonas Andréasson
Choreographed to: The Tide Is High by Blondie

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- 1** **Left cross rock, right shuffle, right cross rock, left shuffle**
1 - 2 Cross right foot over left, recover on left
3 & 4 Step right to right, step left beside right, step right to right
5 - 6 Cross left over right, recover on right
7 & 8 Step left to left, step right beside, step left to left
- 2** **Right rock step turn 1/4 left , Shuffle 1/2 Turn Right, full right turn, left lock step**
1 - 2 Make 1/4 turn left by rocking right foot forward. Recover to left
3 & 4 Shuffle step forward making 1/2 turn right, stepping - Left, Right, Left.
5 - 6 Make a 1/2 turn right stepping left back, make a 1/2 turn right stepping right forward (easy option walk left right)
7 & 8 Step left foot forward, lock right foot behind, step left foot forward
- 3** **Right cross rock, right cross shuffle to left, step left to left, left cross rock, left cross shuffle to right**
1 - 2 Cross right over left, recover to left
3 & 4 Cross right over left. Step left to left side. Cross right over left.
5 - 6 Step left to left, step right slightly back left
7 & 8 Cross left over right. Step right to right side. Cross left over right
- 4** **Long step to the right, right sailer turn 1/4 right, hip bumps**
1 - 2 Step right foot to right, step left beside right
3 & 4 Turn right by Crossing right behind left. Step left to left side. Step right to place
5 - 6 Hip bumps left, right
7 & 8 Hip bumps left, right, left
- Blondie:** **Restart in 4th wall after 28 counts(listen to music) Skip the hip bumps in count 5-8 in section 4. Tags in 6th wall and 9th wall - hip bumps (4 counts) or sway (listen to music).**
- Atomic Kitten Tag after wall 3 and 5, 16 counts: Left cross rock, right shuffle turn 1/2 right, left cross rock, left cross shuffle, rock, recover, sailor 1/2 right, cross rock, left shuffle.**
1 - 2 Cross right foot over left, recover on left
3 & 4 Shuffle step forward making 1/2 turn right, stepping - Right, Left, Right.
5 - 6 rock left to left, recover
7 & 8 Cross left over right, step right to right side, Cross left over right.
9 - 10 Rock right to right, recover on left
11 - 12 Cross right behind left. Step left to left side turning 1/2 right. Step right to place
13 - 14 Cross left over right, recover
15 - 16 Step left to left, step right beside left, step left to left.
- Tag** **Tag after wall 6, Sway or hip bumps (4 counts) (listen to music).**
- Enjoy!**