# Tide is High



Count: 32 Wall: 4 Level: Improver

Choreographer: Mark Furnell (UK), Chris Godden (UK) & Esmeralda van de Pol (NL) - July 2025

Music: The Tide Is High - Salvatore Mancuso & Max Nicklaus



## Intro: 16 Counts, Start at approx 8 secs

#### SEC 1 Point, Step, Sweep, Cross shuffle, Hold, Ball Cross, Hold

1-2 Point Right toe to Right, Step forward Right

3 Sweep Left foot from back to front

4&5 Cross left over right, step right to right, cross left over right

6 Hold

&7-8 Step right to right, cross left over right, Hold

#### SEC 2 Side rock, Behind side cross, Step slide touch, Step ¼ turn, Close, Hitch

1-2 Rock right to right, recover weight on left

3&4 Step right behind left, step left to left, cross right over left \*On wall 10 the dance will end here – just walk round ¾ turn to front

5-6 Step left to left, Drag right to left and touch right to left

7-8 Turn ¼ left stepping right to right, close right to left and hitch right knee(9:00)

Restart here on walls 4-7

#### SEC 3 Cross, Back, Back, Cross, Back, Together, Walk X2

1-2	Cross right over left. Step back on left
3-4	Step back on right, cross left over right
5-6	Step back on right, close left to right
7-8	Walk forward right, walk forward left

## SEC 4 Forward, Touch, Back, Touch, Sway x4

1-2	Step right forward to the right diagonal, touch left to right
3-4	Step left back to the left diagonal, touch right to left
5-6	Step back right rocking weight onto right, rock forward left

7-8 Rock back on right, Rock forward on left

# Tag At the end of Wall 8 Point, Step, Point, Step

1-2	Point right to right, step forward right
3-4	Point left to left, step forward left