

Tide Up

Count: 32

Wall: 4

Level: Beginner

Choreographer: Gaye Teather (UK)

Music: The Tide Is High - Atomic Kitten



STROLL FORWARD, MAMBO STEP. STROLL BACK, MAMBO STEP

- 1-2 Walk forward right, walk forward left
- 3&4 Rock forward on right, recover onto left, step right beside left
- 5-6 Walk back left, walk back right
- 7&8 Rock back on left, recover onto right, step left beside right

STEP 1 / 4 TURN LEFT, POINT ACROSS AND SIDE, CROSS SHUFFLE, LEFT CHASSE

- 9-10 Step forward on right, pivot 1 / 4 turn left (weight ends on left foot)
- 11-12 Point right toe across left foot, point right toe to right side
- 13&14 Cross step right over left, step left to left, cross step right over left
- 15&16 Step left to left side, step right beside left, step left to left side

BACK ROCK, CHASSE RIGHT, FORWARD ROCK, SHUFFLE 1 / 2 TURN LEFT

- 17-18 Rock right foot behind left, recover onto left
- 19&20 Step right foot to right side, step left beside right, step right to right
- 21-22 Rock forward on left, recover onto right
- 23-24 Shuffle 1 / 2 turn left stepping left, right, left

SIDE ROCK, BEHIND-SIDE-CROSS TWICE

- 25-26 Rock right to right side, recover onto left
- 27&28 Step right behind left, step left to left, step right over left
- 29-30 Rock left to left side, recover onto right
- 31&32 Step left behind right, step right to right, step left over right

REPEAT
