

TIDE IS HIGH

Count: 32. **Wall:** 4. **Level:** Improver

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

Music: *The Tide Is High* by Salvatore Mancuso & Max Nicklaus. Album: *The Tide Is High* - single

INTRO: 16 count. Weight on L, One Tag, Two Restarts.

POINT, STEP, SWEEP, CROSS SHUFFLE, HOLD-BALL-CROSS, HOLD

- 1,2 Point R to right, Step R forward
- 3 Sweep L to front
- 4&5 Cross L over R, Step R to right, Cross L over R
- 6 Hold
- &7,8 Step R to right, Cross L over R, Hold

SIDE, ROCK, BEHIND-SIDE-CROSS, SIDE, SLIDE/TOUCH, 1/4 LEFT, SIDE/HITCH

- 1,2 Rock R to right, Recover onto L
- 3&4 Step R behind L, Step L to left, Cross R over L

ENDING: Wall 10 - Walk round $\frac{3}{4}$ left to 12:00

- 5,6 Step L to left, Drag R to L and touch
- 7,8 Turn $\frac{1}{4}$ left step R to right, Step L to left hitch R knee **[9:00]**

RESTARTS: Wall 4 and Wall 7

CROSS, BACK, BACK, CROSS, BACK, TOGETHER, WALK, WALK

- 1-4 Cross R over L, Step L back, Step R back, Cross L over R
- 5-8 Step R back, Step L beside R, Step R forward, Step L forward

FORWARD, TOUCH, BACK, TOUCH, 4 ROCKING HIP SWAYS

- 1-4 Step R forward 45° right, Touch L beside R, Step L back 45° left, Rouch R beside L
- 5-8 Rock back onto R, Rock L forward, Rock R back, Rock L forward **[9:00]**

32 REPEAT

TAG: End of Wall 8

POINT, STEP, POINT, STEP

- 1-4 Point R to right, Step R forward, Point L to left, Step L forward