

The Tide Is High

Choreography:	Jürgen Müller & Lana Haas In den Kirschen 57 · D-80992 München · Germany Phone: +49-89-55063506 · eMail: Juergen.W.Mueller@gmx.de	Release:	May 2007
Music:	CD: Virgin Records 72435467326 "Atomic Kitten - The Tide Is High (Get The Feeling)" Track: #1 "The Tide Is High (Get The Feeling) (Radio Mix)" · Artist: Atomic Kitten · Time: 03:26 → Track is available in internet as WMA file from several music download sites. CD: Dance House CD-Z 1103 "Dance House - Dance Charts Step 3" Track: #19 "Tide Is High" · Artist: Dance House · Time: 03:27		
Rhythm:	Discofox (26mpm) · Unphased, approx phase IV		
Footwork:	Opposite unless noted, instructions for man (<i>for woman in parentheses</i>)		
Remarks:	Discofox is a beat dance, thus figures may not start on measure boundaries, e.g. 1'4 means figure starts on measure 1 beat 4 (and probably ends on measure 2 beat 2). Additional abbreviations: bchg = ball change, DHH = double handhold, LOFP = left open facing position, RHS = right handshake		
Sequence:	Intro – A A B – Intld – A B – Intld – C – Brg – A B C – End		

Introduction

1-4	<u>Wait;; Apart tap together tap; Side tap 2x;</u>
1'1	-- [DHH WALL] {Wait} --; --;
3'1	Q-Q- [DHH WALL] {Apt tap tog tap} Rel ld hnds apt L trng awy from ptr, tap R ib L, tog R trng to ptr jng ld hnds, tap L ib R;
4'1	Q-Q- [DHH WALL] {Sd tap 2x} Sd L, tap R ib L, sd R, tap L ib R; [DHH WALL]

Part A

1-3	<u>Basic,,, Right turning basic 2x,,, Basic,,,</u>
1'1	QQ&Q [DHH WALL] {Bas} Fwd L, bk R/ {bchg} bk L w ball of ft, rec R, (W: Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,)
1'4	QQ&Q [DHH WALL] {R trng bas} Fwd L twd W's R sd comm ½ RF trn; bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Fwd R twd M's R sd comm ½ RF trn; bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
2'3	QQ&Q [DHH COH] {R trng bas} Repeat Part A meas 1'4-2'2,,,;
3'2	QQ&Q [DHH WALL] {Bas} Repeat Part A meas 1'1-1'3,,,;
4-6	<u>Left turning basic 2x,,, Change places right to left & left to right,,,</u>
4'1	QQ&Q [DHH WALL] {L trng bas} Fwd L twd W's L sd comm ½ LF trn, bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Fwd R twd M's L sd comm ½ LF trn, bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
4'4	QQ&Q [DHH COH] {L trng bas} Repeat Part A meas 4'1-4'3,,,;
5'3	QQ&Q [DHH WALL] {Chg R-L} Rel trl hnds cl L comm ¼ LF trn ldg W to trn RF undr ld hnds, sd & bk R cont trn/ {bchg} bk L w ball of ft; rec R, (W: Fwd R tuck in twd M comm ¾ RF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft; rec L,)
6'2	QQ&Q [LOFP LOD] {Chg L-R} Fwd & sd L comm ¼ RF trn ldg W to trn LF undr ld hnds, bk R cont trn/ {bchg} bk L w ball of ft, rec R; (W: Fwd & acrs R comm ¾ LF trn undr ld hnds, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
7-8	<u>Change hands behind back,,, Change places left to right double twirl,;</u>
7'1	QQ&Q [LOFP WALL] {Hnds bhd bk} Chg hnds to RHS fwd L comm ½ LF trn, chg hnds on bk to ld hnds sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: Fwd R comm ½ RF trn, sd & bk L cont trn/ {bchg} bk R w ball of ft, rec L,)
7'4	QQQQ&Q [LOFP COH] {Chg L-R dbl twl} Fwd & sd L comm ½ RF trn ldg W to trn LF undr ld hnds; cl R cont trn, fwd L bhd W cont trn, bk R/ {bchg} bk L w ball of ft, rec R; (W: Fwd & acrs R comm 1½ LF trn undr ld hnds; sd & bk L cont trn, fwd & acrs R cont trn, sd & bk L/ {bchg} bk R w ball of ft, rec L;) [DHH WALL]

Part B

<u>1-3</u>		<u>Underarm turn to tamara,,, One hand exit,,, She goes left,,, He goes left,,,</u>
1'1	QQ&Q	[DHH WALL] { <u>Undrm trn to TAMP</u> } Fwd L comm ½ LF trn ldg W to trn RF undr ld hnds w trl hnds jnd low, sd & bk R cont trn/ {bchg} bk L w ball of ft, rec R, (W: <i>Sd & fwd R comm ½ RF trn undr ld hnds, sd & bk L cont trn trl hnd on bk/ {bchg} bk R w ball of ft, rec L,</i>)
1'4	QQ&Q	[W-TAMP WALL] { <u>1 hnd exit</u> } Rel trl hnds fwd L undr ld hnds comm ½ LF trn; sd & bk R cont trn to fc W/ {bchg} bk L w ball of ft, rec R, (W: <i>Fwd R comm ½ RF trn; sd & bk L cont trn to fc M/ {bchg} bk R w ball of ft, rec L,</i>)
2'3	QQ&Q	[DHH WALL] { <u>She goes L</u> } Raise ld hnds fwd L comm ½ RF trn bhd W ldg W to trn LF undr ld hnds, rel trl hnds sd & bk R cont trn sld R hnd dwn W's L arm jn trl hnds/ {bchg} bk L w ball of ft; rec R, (W: <i>Fwd R comm ½ LF trn undr ld hnds, rel trl hnds sd & bk L cont trn jn trl hnds/ {bchg} bk R w ball of ft; rec L,</i>)
3'2	QQ&Q	[DHH COH] { <u>He goes L</u> } Raise trl hnds fwd L comm ½ LF trn undr trl hnds, rel ld hnds sd & bk R cont trn jn ld hnds/ {bchg} bk L w ball of ft, rec R; (W: <i>Fwd R comm ½ RF trn bhd M, rel ld hnds sd & bk L cont trn sld R hnd dwn M's L arm jn ld hnds/ {bchg} bk R w ball of ft, rec L;</i>)
<u>4-6</u>		<u>Wrap,,, Wheel 2x,,, Unwrap,,,</u>
4'1	QQ&Q	[DHH WALL] { <u>Wrp</u> } Fwd L comm ½ RF trn ldg W to trn LF undr ld hnds w trl hnds jnd low, fwd R cont trn/ {bchg} sip L w ball of ft, rec R, (W: <i>Fwd R twd M's R sd trng ¼ LF undr ld hnds, bk L trng ¼ RF/ {bchg} sip R w ball of ft, rec L,</i>)
4'4	QQ&Q	[WRP COH] { <u>Whl</u> } Fwd L comm ½ RF trn; fwd R cont trn/ {bchg} sip L w ball of ft, rec R, (W: <i>Bk R comm ½ RF trn; bk L cont trn/ {bchg} sip R w ball of ft, rec L,</i>)
5'3	QQ&Q	[WRP WALL] { <u>Whl</u> } Repeat Part B meas 4'4-5'2,;
6'2	QQ&Q	[WRP COH] { <u>Unwrp</u> } Fwd L ldg W to trn RF undr ld hnds, bk R/ {bchg} bk L w ball of ft, rec R; (W: <i>Fwd R in frnt of M comm ½ RF trn undr ld hnds, bk L cont trn/ {bchg} bk R w ball of ft, rec L;</i>)
<u>7-8</u>		<u>Man's link,,, Double pivot,;</u>
7'1	QQ&Q	[DHH COH] { <u>M's lnk</u> } Fwd L twd W's L sd comm ½ LF trn rel trl hnds, sd & bk R cont trn besd W to SCP/ {bchg} bk L w ball of ft, rec R, (W: <i>Fwd R, bk L/ {bchg} bk R w ball of ft, rec L,</i>)
7'4	QQQQ&Q	[SCP WALL] { <u>Dbl pvt</u> } Fwd & sd L trng ½ RF arnd W to CP; fwd R btw W's ft comm pvt ½ RF, rec L cont pvt, fwd R btw W's ft/ {bchg} bk L w ball of ft, rec R to DHH; (W: <i>Fwd R btw M's ft; sd & bk L arnd M comm pvt ½ RF, rec R cont pvt, sd & bk L/ {bchg} bk R w ball of ft, rec L;</i>) [DHH WALL]

Interlude

<u>1-2</u>		<u>She goes left,,, Change right to left double twirl,;</u>
1'1	QQ&Q	[DHH WALL] { <u>She goes L</u> } Repeat Part B meas 2'3-3'1,,,
1'4	QQQQ&Q	[DHH COH] { <u>Chg R-L dbl twl</u> } Rel trl hnds fwd L comm ½ LF trn ldg W to trn RF undr ld hnds, cl R cont trn, fwd L bhd W cont trn, bk R/ {bchg} bk L w ball of ft; rec R, (W: <i>Fwd R comm 1½ RF trn undr ld hnds, sd & bk L cont trn, fwd R cont trn, sd & bk/ {bchg} bk R w ball of ft; rec L,</i>)
<u>3-4</u>		<u>She goes left,,, Change right to left double twirl,;</u>
3'1	QQ&Q	[DHH WALL] { <u>She goes L</u> } Repeat Part B meas 2'3-3'1,,,
3'4	QQQQ&Q	[DHH COH] { <u>Chg R-L dbl twl</u> } Repeat Intld meas 1'4-2'4,,,,; [DHH WALL]

Part C

<u>1-4</u>		<u>{Cha Cha} Vine cha; Vine wrap cha; Unwrap cha; Walking cha;</u>
1'1	QQQ&Q	[BFLY WALL] { <u>Vine cha</u> } Sd L, Xib R, sd L/ cl R, sd L;
2'1	QQQ&Q	[BFLY WALL] { <u>Vine wrp cha</u> } Sd R ldg W to trn LF undr ld hnds w trl hnds jnd low, Xib L trng to LOD, bk R/ cl L, bk R; (W: <i>Sd L comm ¾ LF trn undr ld hnds, sd R cont trn, bk L cont trn besd M/ cl R, bk L;</i>)
3'1	QQQ&Q	[WRP LOD] { <u>Unwrp cha</u> } Rel ld hnds sd L ldg W to trn RF, cl R, sd L/ cl R, sd L; (W: <i>Sd R comm full RF trn, cl L cont trn, sd R cont trn/ cl L, sd R;</i>)
4'1	QQQ&Q	[OP LOD] { <u>Wlkg cha</u> } Fwd R, fwd L, fwd R/ cl L, fwd R;

5-8**Circle cha;; Cucaracha 2x;;**

5'1	QQQ&Q	[OP LOD] {Circ cha} Circ awy CCW (W: CW) fwd L, fwd R, fwd L/ cl R, fwd L; Circ tog fwd R, fwd L, fwd R/ cl L, fwd R;
7'1	QQQ&Q	[BFLY WALL] {Cuca} Sd L w partial wgt, rec R, sip L/ cl R, sip L;
8'1	QQQ&Q	[BFLY WALL] {Cuca} Sd R w partial wgt, rec L, sip R/ cl L, sip R;

Bridge**1****Side tap 2x;**

1'1	Q-Q-	[DHH WALL] {Sd tap 2x} Repeat Intro meas 4; [DHH WALL]
-----	------	--

Ending**1-3****Underarm turn to tamara,,, One hand exit,,, Wrap,,, Wheel 2 point,,,**

1'1	QQ&Q	[DHH WALL] {Undrm trn to TAMP} Repeat Part B meas 1'1-1'3,,,
1'4	QQ&Q	[W-TAMP WALL] {1 hnd exit} Repeat Part B meas 1'4-2'2,,,
2'3	QQ&Q	[DHH WALL] {Wrp} Repeat Part B meas 4'1-4'3,,,
3'2	QQ-	[WRP COH] {Whl 2 pt} Fwd L comm ½ RF trn, fwd R cont trn, pt sd L; (W: Bk R comm ½ RF trn, bk L cont trn, pt sd R;) [WRP WALL]

The Tide Is High

Discofox (26mpm) · Unphased, approx phase IV by Jürgen Müller & Lana Haas

Sequ: Intro – A A B – Intld – A B – Intld – C – Brg – A B C – End

Intro	(DHH WALL) –;; Apt tap tog tap; Sd tap 2x;	Intld	(DHH WALL) She goes L,,, Chg R-L dbl twl;; She goes L,,, Chg R-L dbl twl;;
Part A	(DHH WALL) Bas,,, Trng bas 2x,,, Bas,,, L trng bas 2x,,, Chg R-L,,, Chg L-R,,, (WALL) Hnds bhd bk,,, Chg L-R dbl twl;;	Part C	(BFLY WALL) Vine cha; Vine wrp cha; Unwrp cha; Wlkg cha; Circ cha;; Cuca 2x;;
Part A	(DHH WALL) Bas,,, Trng bas 2x,,, Bas,,, L trng bas 2x,,, Chg R-L,,, Chg L-R,,, (WALL) Hnds bhd bk,,, Chg L-R dbl twl;;	Brg	(DHH WALL) Sd tap 2x;
Part B	(DHH WALL) Undrm trn TAMP,,, 1 hnd exit,,, She goes L,,, He goes L,,, Wrp,,, Whl 2x,,, Unwrp,,, (COH) M's Ink,,, Dbl pvt;;	Part A	(DHH WALL) Bas,,, Trng bas 2x,,, Bas,,, L trng bas 2x,,, Chg R-L,,, Chg L-R,,, (WALL) Hnds bhd bk,,, Chg L-R dbl twl;;
Intld	(DHH WALL) She goes L,,, Chg R-L dbl twl;; She goes L,,, Chg R-L dbl twl;;	Part B	(DHH WALL) Undrm trn TAMP,,, 1 hnd exit,,, She goes L,,, He goes L,,, Wrp,,, Whl 2x,,, Unwrp,,, (COH) M's Ink,,, Dbl pvt;;
Part A	(DHH WALL) Bas,,, Trng bas 2x,,, Bas,,, L trng bas 2x,,, Chg R-L,,, Chg L-R,,, (WALL) Hnds bhd bk,,, Chg L-R dbl twl;;	Part C	(BFLY WALL) Vine cha; Vine wrp cha; Unwrp cha; Wlkg cha; Circ cha;; Cuca 2x;;
Part B	(DHH WALL) Undrm trn TAMP,,, 1 hnd exit,,, She goes L,,, He goes L,,, Wrp,,, Whl 2x,,, Unwrp,,, (COH) M's Ink,,, Dbl pvt;;	End	(DHH WALL) Undrm trn TAMP,,, 1 hnd exit,,, Wrp,,, Whl 2 pt (WALL),,,