

## TIDE IS HIGH V

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Music: "The Tide Is High" CD - Latin Heat 4/It's Getting Hot Track #6 SPEED: Slowed 5% From CD

Footwork: Opposite unless noted *Woman's footwork in parentheses and italic*

Rhythm: Rumba/Cha Phase: Phase V

Difficulty: Easy

Released: January, 2011

Sequence: Intro, A, B, C, Interlude, D, Break, B Modified, A, D Modified, C, Interlude, Ending

### INTRODUCTION

#### WAIT 2 MEASURES ; ; CUCARACHA 2X WITH ARM SWEEP ; ;

(1 - 2) BFLY/WALL Wait ; Wait ;

(3) sd L with partial wt move L arm in arc with palms out high above head, rec R and return arm to hip bring it down across front of body with palm facing in, cl L,-;

(4) sd R with partial wt move R arm in arc with palm out high above head, rec L and return arm to hip bring it down across front of body with palm facing in, cl R blending to BFLY/WALL,-;

### PART A

#### (1 - 4) REVERSE UNDERARM TURN ; FULL NATURAL TOP ; ; ;

(1) XLif, rec R, sd L comm RF trn to fc RLOD in CP (*W XRif under jnd ld hnds comm LF trn 1/2, rec L comp LF trn to fc ptr, sd R*),-;

(2) trng RF 1 & 3/4 ovr next 3 meas XRib, sd L, XRib,-; (*W sd L, fwd R btw M's ft, sd L*),-;

(3) sd L, XRib, sd L,-; (*W fwd R btw M's ft, sd L, fwd R btw M's ft*),-;

(4) XRib, sd L, cl R,-; (*W sd L, fwd R btw M's ft, sd L*),-; CP/WALL

#### (5 - 8) ALEMANA ; ; SHOULDER TO SHOULDER 2X ; ;

(5) Fwd L, rec R, cl L ldg W to trn RF (*W cl R, fwd L, fwd R & swvl RF to fc M w/ jnd ld hnds up palm to palm at eye level*),-;

(6) bk R, rec L, sd R (*W cont RF trn undr jnd ld hds fwd L, cont RF trn fwd R to fc ptr, sd L*),-; BFLY/WALL

(7) Fwd L (*W bk R*) to BFLY/SCAR, rec R to fc, sd L, -; BFLY/WALL

(8) Fwd R (*W bk L*) to BFLY/BJO, rec L to fc partner, sd R, -; BFLY/WALL

### PART B

#### (1 - 4) OPEN HIP TWIST ; FAN ; STOP AND GO HOCKEYSTICK ; ;

(1) Fwd L, rec R, cl L,-; (*W Bk R, rec L, fwd R, swvl*),-

(2) bk R, rec L, sd R, (*W Fwd L, fwd R start LF turn, cont trn 1/2 to fc RLOD, bk L with R ft extended fwd*),-;

(3) Chk fwd L, rec R, cls L, - raise lead hands (*W cls R, fwd L, fwd R trng RF under jined lead hands to fce LOD*),-;

(4) chk fwd R twd LOD place right hand on W's back, rec L raise lead hands, sd R to face Wall, - (*W rk bk L, rec R trng under jnd lead hands to face RLOD, bk L to Fan Pos*),-;

#### (5 - 8) HOCKEYSTICK ; ; NEW YORKER ; SPOT TURN TO HANDSHAKE ;

(5) Fwd L, rec R, cl L bringing jnd ld hnds in frt of forehd (*W cl R, fwd L, fwd R lookg at M thru window*),-;

(6) Sm bk R, rec L, fwd R long step following W (*fwd L, fwd R & trn ¼ LF undr jnd ld hnds, bk L*),-; to LOP/RLOD

(7) Swvlg sharply on R thru L w/ straight leg to LOP RLOD, rec R to fc ptr, sd L to BFLY/WALL, -;

(8) Rlg hnds XRif (*W XLif*) & trn 1/2 LF on R ft, rec L & trn ½ LF on L ft, sd R,-; jng R hands

### PART C

#### (1 - 5) FLIRT ; ; SWEETHEARTS 3X ; ; LADY TURN TO FACE ;

(1) Fwd L, rec R, sd L ldg W to VARS (*W Bk R, fwd L, fwd R trng 1/2 LF to VARS*),-;

(2) Bk R, rec L, sd R ldg W to L VARS (*W bk L, rec R, sd L to L VARS*),-;

- (3) Releasing hnds fwd and slightly across L w/ R sd ld maintaining eye contact w/ptr, rec R, sd L (*W bk R w/ L sd ld, rec L, sd R across M*), -;
- (4) Fwd and slightly across R w/ L sd ld maintaining eye contact w/ptr, rec L, sd R (*W bk L w/ R sd lead, rec R, sd L across M*), -;
- (5) Fwd L w/ R sd ld maintaining eye contact w/ptr, rec R, sd L catching R hnds ldg W to swivel to fc chg to ld hnds (*W bk R w/ L sd ld, rec L, fwd R swiveling RF to fc M*), -;

**(6 – 8) BACK BASIC ; HALF BASIC ; UNDERARM TURN TO LEFT HAND STAR ;**

- (6) Bk R, rec L, sd R, -; (7) Fwd L, rec R, sd L, -;
- (8) Raising jnd ld hnds tm body slightly RF & XRib, rec L to fc ptr, sd R trng R 1/4 (*W XLif undr jnd ld hnds comm 1/2 RF trn, rec R comp RF trn to fc ptr slightly offset to his right, sd L trng L 1/4*), -; to jnd L hnds

**INTERLUDE**

**(1 – 4) UMBRELLA TURNS ; ; ; ;**

- (1) Fwd L, rec R, bk L (*W bk R, rec L, fwd R trn 1/2 LF under jnd hds*),-;
- (2) Bk R, rec L, fwd R (*W bk L, rec R, fwd L trn 1/2 RF under jnd hds*),-;
- (3) Rpt meas 1 Intld ;
- (4) Bk R, rec L trng 1/4 LF BFLY, sd R (*Bk L, rec R trng 1/4 RF, sd L*),-;

**PART D**

**(1 – 4) (CHA) BASIC ; ; BREAK BACK TO FORWARD TRIPLE CHAS ; ;**

- (1) Fwd L, Rec R, Sd L/Cl R, Sd L ; (2) Bk R, Rec L, Sd R/Cl L, Sd R ;
- (3) Trn LF keep trailing hnds in contact bk L to fc LOD, rec R trn body in twd ptr tch lead hnds, fwd L/lk RIB of L, fwd L;
- (4) Trn slightly away from ptr fwd R/lk LIB of R, fwd R, trn twd ptr tch lead hnds fwd L/lk RIB of L, fwd L;

**(5 – 8) AIDA TO BACK TRIPLE CHAS ; ; SWITCH WITH CUBAN BREAK ENDING ; SPOT TURN ;**

- (5) Fwd R tm RF, sd L cont RF trn to aida pos bk R/lk LIF of R, bk R;
- (6) Trn bodies slightly twd ptr bk L/lk RIF of L, bk L, trn to aide pos bk R/lk LIF of R, bk R in aida position;
- (7) Turn LF rk sd L to fc in BFLY, rec R, XLIF/rec R, sd L;
- (8) Rpt meas 8 Part B to BFLY/WALL

**BREAK**

**(1) 2 SLOW HIP ROCKS ;**

- (1) Sd L,-, sd R,-;

**REPEAT PART B TO BFLY/WALL**

**REPEAT PART A**

**REPEAT PART D TO HANDSHAKE/WALL**

**REPEAT PART C**

**REPEAT INTERLUDE**

**ENDING**

**(1) SLOW EXPLODE APART WITH ARMS ;**

- (1) Trng 1/4 LF/sd L flexing L knee in lunge line,-, sweep L arm up & out swaying R to look at ptr (*trng 1/4 RF/sd R flexing R knee in lunge line,-, sweep R arm up & out swaying L to look at ptr*) to end in OPEN lunge apt pos fcng LOD,-;